

**BALANCED
DAILY
DIET**



JANET MCKENZIE HILL



Canadian

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HAMILTON, CANADA

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INTRODUCTION

FAT is life's fuel—the greatest producer of human heat and human energy. No diet can be well balanced which does not give fats their proper place in daily food. A gram of fat produces $2\frac{1}{4}$ times as much heat as a gram of starch. In "Foods and Feeding," Sir Henry Thompson, the English authority, says: "Without a constant supply of fat the body would cease to exist."

In the past comparatively few people paid any attention to the scientific relationship which food bears to the human body. Now this study in health is of intense interest to many thousands who have learned that the choice of the best fat for cooking is just as important as the selection of foods which contain fat.

Since fat plays so important a part in balanced daily diet, it is evident that it should be of the highest purity and quality so that it will be thoroughly assimilated and give the proper nourishment. Prof. Harry Snyder, of the University of Minnesota, in his work, "Human Food," says: "Vegetable fats used for food purposes have a high nutritive value." In cooking, one now can be sure that when Crisco is used all foods will be prepared with a strictly pure, scrupulously clean, wholly vegetable fat. Crisco is recommended to the readers of this book as the cooking fat best able to produce in frying, pastry making and cake making, the wholesome, appetizing foods necessary to balanced diet.

The Price of this Book is 10c.

BALANCED DAILY DIET



FOOD selection and combination are no longer considered matters for faddists, for to-day there is a widespread appreciation of the truth that health is the result of a balanced diet.

Throughout the animal kingdom the mother's milk is in each instance a perfectly balanced food for the baby of its kind. For the calf, the cow's milk is a perfectly balanced food, just as the mother's milk is without a fault for the infant. Note how the calf builds in a few short months a large and heavy framework of bone covered with tissues that protect internal organs almost the size of complete growth, and how the human infant thrives on its single, simple food.

Now, to get this balance of food elements in a variety of food-stuffs is the purpose of every seeker after perfect growth and health. A truly celebrated physician says it is possible to formulate a dietary as accurate as to its substances and combinations as a medical formula, but this means daily study on the part of the housewife or cook, and cannot be considered practical for the average individual. Nor is this absolute accuracy essential. For all general purposes one who eats reasonably may follow his own natural inclinations and his diet will be fairly well-balanced. But if one has a general knowledge of foodstuffs and their use in the body, he may easily discover if his inclinations are leading him to select a one-sided diet, and, if so, he will know how to change it.

In the following pages meal combinations for a day are given in which foodstuffs are grouped to secure a balanced diet. In

working out these menus, the foods for the whole day, rather than for a single meal were considered; that is, foods containing the five foodstuffs are distributed throughout the meals of the day. Each meal in itself may contain a predominance of certain foodstuffs, but the three meals in aggregate form a well-balanced whole.

About one dozen different chemical elements make up the body and must be supplied to it constantly in the food. Some of these elements are present in one article of food and absent in others, while some foods contain several elements. To be sure of a supply of all the elements needed, the food should be varied from day to day, or at least, from week to week. Variety in food is a prime necessity which nature helps us meet by means of our appetite. Change of food is a great incentive to eating.

To simplify the understanding of the subject we will make no further mention of the various elements that enter into man's food, but, reducing the matter to its lowest terms, consider simply the five compounds in which these elements are grouped in foods. These compounds are proteins, carbohydrates, fats, mineral matters and water. These are known as the five foodstuffs. Some foods, as milk and grains, contain all the foodstuffs, sugar contains but one foodstuff, for it is a pure carbohydrate.

The general functions of the foodstuffs are to supply energy and building material and to regulate body processes. The fats furnish energy in the most concentrated form, while the carbohydrates supply energy in the most economical form. Protein and mineral matters are the chief source of building material, while the mineral constituents and water regulate body processes, and have to do with the healthful condition of the blood, the digestive juices and all body fluids as well as the healthful condition of nerve and muscle.

The vigor and the normal growth of an individual demand an adequate supply of protein food. Protein contains an element, found in no other foodstuff, which is absolutely necessary to body building, thus protein is of the first importance. In fact, the name is from a Greek word meaning first.

Protein is found most abundantly in the more expensive foods; all foods of animal origin are rich in protein, while cereals, dried peas and beans and many vegetables contain protein in smaller

quantity. Animal proteins are thought more efficient for body building than vegetable proteins, but both are needed in the well-balanced dietary. Even animal proteins may be supplied in a cheap form. It is flavor that makes food appetizing and digestible and it is not a difficult problem to add flavor to the cheaper foods and so make them acceptable.

The carbohydrates are best known to us in the form of starch and sugar. In the kitchen the presence of starch in a food is known by its thickening when cooked, in liquid: rice, tapioca, cereals, and flour all thicken the boiling liquid in which they are cooked and lead us to suspect that no matter what other foodstuffs are present the principal foodstuff is carbohydrate. Sugar is found in many vegetables as parsnips, carrots, and beets, in the sap of the sugar maple, in sweet fruits as bananas, figs and dates, in bees' honey and as a food product from beets and sugar cane. Sugar enters quickly into the blood, satisfying hunger almost at once, but sugar has no staying qualities. It is to be eaten in great moderation and after, not before, substantial food.

Fats are found both in the animal and vegetable kingdoms. They are very important in the nutrition of man, and are more valuable than any other foodstuff as a source of heat and energy. The power to assimilate fats varies with the individual and with the kind of fat, but fats in some form are essential to perfect nutrition. The most common forms of this foodstuff are cream, butter, fat of meat, vegetable oils and fats for shortening. Fats are insoluble in water; at the ordinary temperature of the room some are solid, while others are liquid.

Of late, the great importance of having compounds from the mineral world in a well-balanced diet has been given well-deserved attention. The opinion is quite general that the needs of the individual for mineral matters, necessary for body building and body regulating processes, will be met satisfactorily if some kind of fruit and a green vegetable be eaten daily; this is especially true if milk (rich in this foodstuff) be included in the food for the day. The milk need not necessarily be taken as a beverage, but as a component part of some dish. In planning a meal we recognize food-value in a poached egg or a glass of milk, but we must remember that the egg or glass of milk represents the same food-value when it is

out of sight in a soup or pudding as when it is presented in the more tangible form. The body has to deal with each minute particle of foodstuff that is eaten and account for it must be rendered.

Water fills a very important place in nutrition; it must be provided both as it occurs in combination with foodstuffs, in food and also in a pure form as drinking water. The presence of water in the tissues gives them firmness and elasticity; water also acts as a solvent of food (building materials) and a carrier of both nutritive and waste products from one part to another of the organism. Water is present in nearly all food substances, the quantity varies from two to ninety-five per cent; in considering the daily food supply the quantity of water in composition must be taken into account, for if a food is ninety-five per cent water, the nutritive value must be slight. The quantity of water drunk at meals should not be large, but it is of the utmost importance that water should be taken freely between meals.

In this book, as a simple working method for selection, the foodstuffs are designated by certain symbols, as a star for protein, a plus sign for fats, a diamond for carbohydrates, a circle for water, and a square for mineral matter.

On another page dishes rich in each foodstuff are grouped together. By consulting these lists, any article of a group may be substituted for the one belonging to that group given in the menus, without detracting from the balanced ration which has been planned. By this means, an almost endless number of menus may be arranged in accordance with the exigencies of the market, and to suit the special taste of any family.

In substituting one dish for another, there are a few points it is well to keep in mind; avoid serving any article of food other than bread and butter and possibly milk more than once a day; also avoid serving a bland food in two successive meals, as, if a beef stew was served at dinner, have a broiled or fried fish at the next meal.

On page (15) under title of "Key to Use of Daily Meal Combinations," the reader will note the method of selection.



WHEN Crisco first began to figure in the household economics of everyday life a new chapter was added to the bibliography of fats. Crisco was absolutely new, a primary fat, the rich cream of vegetable oil, so delicate, pure, odorless and tasteless, that it quickly showed its superiority to lard, butter, margarines, butterines and compounds.

For four years before being placed upon the market Crisco was put to the severest possible tests, each one of which it met absolutely. Crisco's unsurpassed purity commended it immediately to discriminating housewives who found it the perfect fat for cooking.

THE RECORD OF FIVE YEARS

Within five years Crisco has come to be a household word. It now is sold by representative grocers all over the United States and Canada. Crisco's remarkable distribution over such a large area in so short a time has been one of the most noteworthy achievements in modern merchandising.

To-day, Crisco is used in over a million homes—the best possible evidence that it is the cooking fat which fully measures up to every claim made for it.

Crisco has won recognition in many High Schools, Colleges, and Schools of Domestic Science. Many dietitians give it their unqualified preference. They recognize its merits as an easily digested, purely vegetable fat. They have demonstrated its value in securing better results in all cooking wherein a fat is required. Chefs, and caterers proud of their reputations as good cooks, use Crisco. In hotels, railroad dining cars and on steamships Crisco is established in favor.

It amounts to this:—Crisco meets the demands of those qualified to recognize a better product.

HOW CRISCO IS MADE

Crisco is defined in chemistry as a synthetic product, i. e. it is a “fat made to order.” Crisco is really a primary fat, made by the hydrogenizing process which alone can convert vegetable oil to a rich cream such as Crisco.

In Crisco’s manufacture the oil is filtered and given its proper consistency by the addition of pure hydrogen. Then it is sterilized by high heat. Nothing but hydrogen is added to the oil to obtain the consistency essential to an easy mixing of Crisco with flour and sugar.

A cooking fat made by this process has less tendency to become rancid, less tendency to smoke when heated or to give off strong odor. And the true shortening components are present in greater percentage. The details of this hydrogenizing process are controlled exclusively by The Procter & Gamble Company. Crisco is Crisco and can be made by no one else.

WHERE CRISCO IS MADE

Crisco is made in a modern, handsome stone and brick building devoted exclusively to its manufacture. It stands apart in spacious, well-kept grounds which are used for play during the hours of rest and recreation. Everything about the building reflects the absolute purity and cleanliness of Crisco. The rooms are walled with glass. Floods of sunlight stream through windows that need never be opened, for the air throughout the factory is water washed; being driven into the rooms entirely free of dust and germs. Employees are dressed in white and their clothes are changed daily.

Terrazzo floors with pillars, ceiling and refrigerating boxes of white tile continue the harmony of brightness and cleanliness. It is a cheerful and wholesome sight to notice the scrupulous care which insures the cleanliness of Crisco. Not a human hand touches Crisco, either in process of manufacture or packing.

ALL CRISCO IS “KOSHER”

Dietary Laws hold a most important place in history. They were emphasized centuries ago. To the Jewish race they are today a sacred and vital part of their religion. It is significant that

in the tables of mortality the greatest average length of days has been accorded to those who obey these ancient Dietary Laws which among other prohibitions forbid the use of lard. All nations and races of the earth contemporary with the times of Israel have disappeared. The Jew alone with his Dietary System has survived.

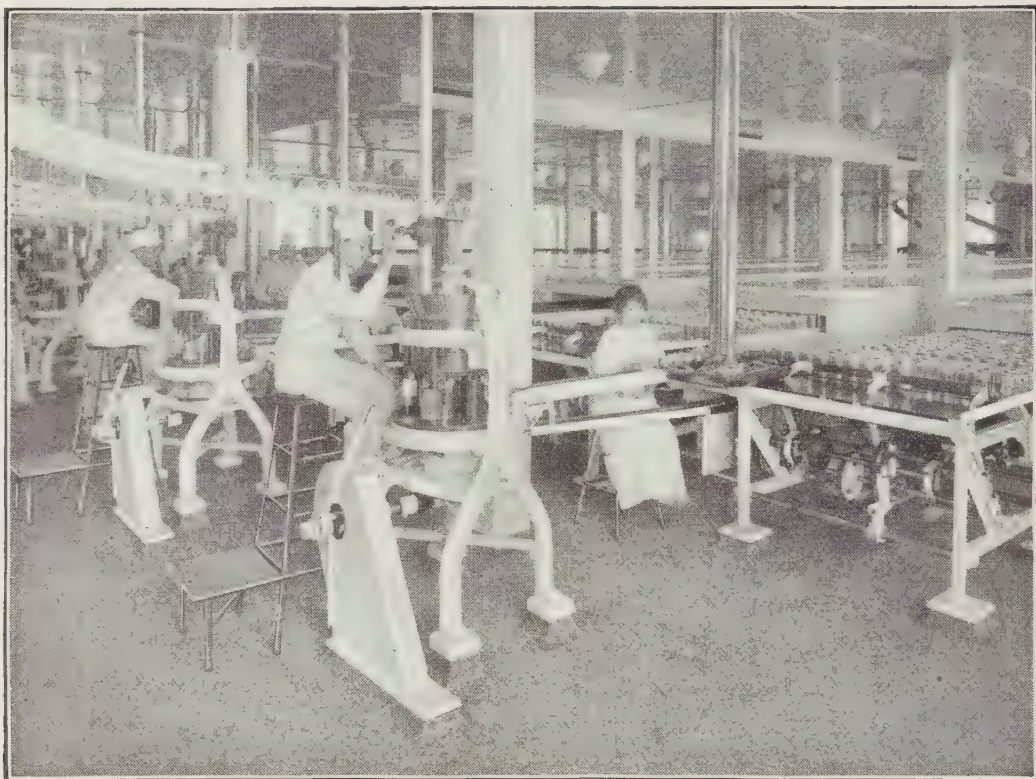
As Crisco is Kosher, a "parava" or neutral fat, its coming was a boon to the Jew. It can be used with both "milchig" and "fleischig" (milk and flesh) foods. Crisco sold to the Jewish trade carries a Kosher seal, certified by Rabbi Margolies of New York. No stronger proof of its purity and excellence could be offered. All Crisco, whether so marked or not, is "Kosher" and of identical purity.

UNVARYING PURITY AND QUALITY OF CRISCO

Crisco is of uniform superiority. It never varies either in purity or quality. One can of Crisco is the same as another. The housewife can put entire confidence in Crisco for she may be absolutely



THE CRISCO FACTORY.



AUTOMATIC FILLERS.

certain that nothing in it can impair the wholesomeness of her cooking. The uniform quality of Crisco is one reason why it is a dependable aid to successful results in cooking whenever a cooking fat is needed. Nothing could be more satisfactory in the preparation of a balanced diet.

THE NATURAL DAINTY TASTES OF CRISCO-FRIED FOODS

To fry foods well in ordinary fats is a difficult culinary accomplishment. But to fry them in Crisco is easy. It was Confucius who said: "Eat at your own table as if you were dining with a king." Those who have discovered the marvellous tastiness of foods fried in Crisco can best appreciate that ancient gem of gastronomic philosophy.

One of the unpleasant and all too common incidents of frying is the general tendency of foods to burn or absorb so much "grease" that the real natural taste of the food is impaired, overwhelmed by the odor and flavor of the fat in which it is fried.

Crisco gives up its heat so quickly that when foods are immersed in hot Crisco there immediately forms a tender, brown coating. This crust keeps out the fat and keeps in the flavor,—the secret of the appetizing, natural taste so characteristic of foods fried in Crisco. When Crisco is used even the simplest foods take on unusual toothsome qualities that delight the palate.

WHY CRISCO PASTRY IS EXTRA GOOD

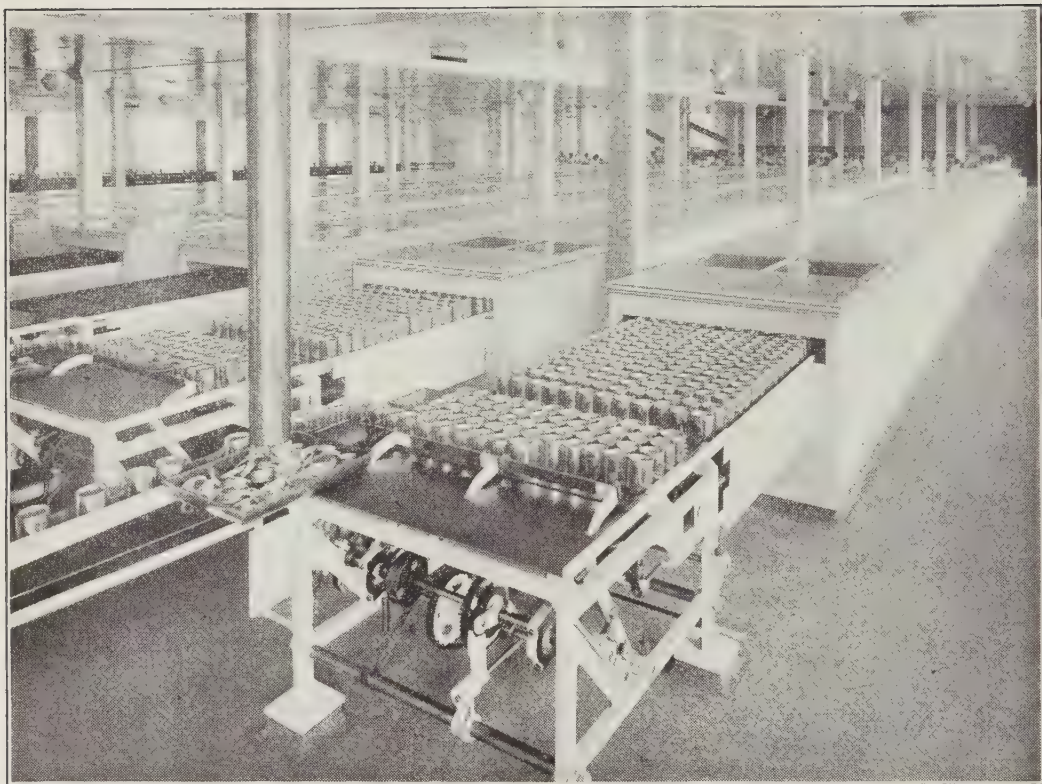
To make wholesome pastry it is absolutely vital that the fat be sweet and pure. Poor shortening makes poor pastry. It always has done so and always will. Housewives who use Crisco learn that Crisco's proper use assures good pastry. Pastry shortened with Crisco is light, flaky, tender and crisp. When properly made with Crisco, pies and shortcakes are wholesome. There is nothing tough or leathery about them. They are good through and through. To make pastry and keep it from becoming soggy is one of the valued arts of the kitchen. Crisco helps in achieving this success. Crisco gives an unusual richness to anything requiring shortening, but only richness—no odor and no taste.

TASTY CAKES THAT COST LESS

Crisco wrought an economical revolution in cake making. The belief of ages that butter is an essential ingredient in the making of good cake has been changed. Crisco makes cake quite as rich, cake that stays fresh and moist longer, and at considerably less cost. The use of Crisco enables countless thousands to cut their butter bills in two. Having the firm body characteristic of butter, Crisco combines perfectly with flour and sugar and works up into a light, uniform, smooth, evenly-textured batter.

THE RICHNESS OF CRISCO

Crisco has a distinctive advantage in richness, for it is *all* shortening. Even the most expensive grades of butter contain nearly one-fifth water, curd and salt. The salt is added to butter to preserve it and give it flavor, but it does not increase its richness. Water has no value as shortening. There is not a drop of water in Crisco and no salt is needed to keep it sweet and wholesome. They may both be added in needed proportions. Because of its greater richness the use of Crisco lessens by *one-fifth* the usual amount of shortening required.



COOLING TUNNELS.

CRISCO'S EASY DIGESTIBILITY

Someone has said that our digestions are of our own making. The selection of fats used in cooking, no less than the food itself, plays no small part in the efficiency of human digestion. Only digestible foods help nature. Others retard the work of keeping the body in good shape. Crisco is a fat most easily digested. The normal temperature of the human body is $98 \frac{2}{5}$ degrees. As Crisco melts at 97 degrees, which is $1 \frac{2}{5}$ less than body temperature, it is easy to understand why foods in which Crisco is used as the shortening do not bother those who often suffer distress after eating similar foods prepared with other fats. The melting point of lard is about 105 degrees. That of lard compounds is even higher. Stearine, found in so many of these compounds, is both hard and indigestible. Crisco, however, easily mixes with the digestive juices. Because this is so, many foods, like pie, pudding, shortcakes, hot breads and biscuits, when made with Crisco, can

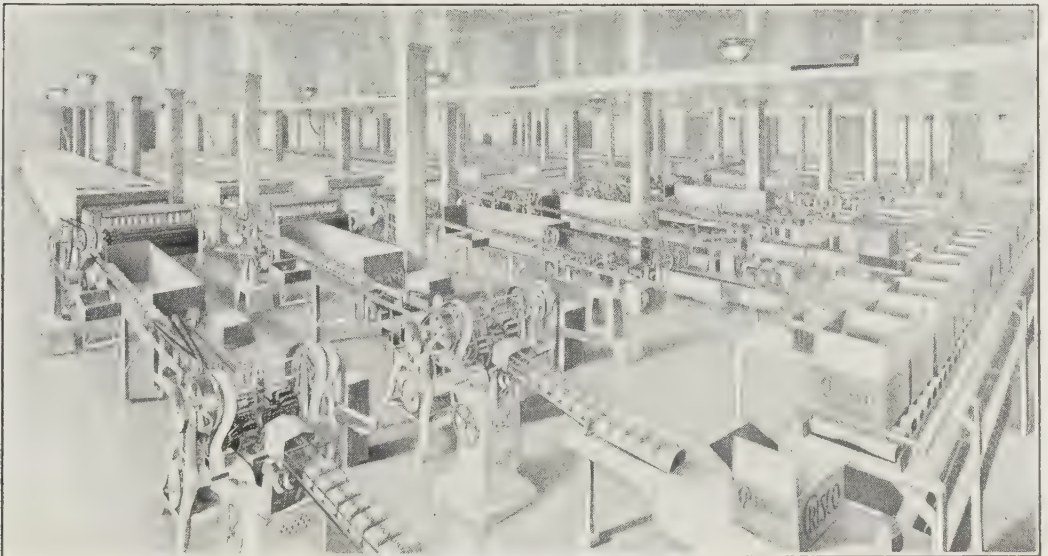
be eaten with impunity by people to whom they were once forbidden. Crisco is a real aid to more perfect digestion, the assimilation of food and elimination of waste.

FATS REMAIN UNCHANGED

The student of dietetics will tell you that the commonly accepted belief that all foods are changed in cooking is not altogether correct. For instance, practically all shortening remains unchanged in cooking. If you make a pie with lard nearly one-third of the crust by weight is composed of raw lard. The same is true if Crisco is used. Little argument need be used to prove that it is desirable to use a pure, vegetable fat such as Crisco, which is purely vegetable, wholesome and measures up to the standard required in a well-balanced diet.

CRISCO IS ECONOMICAL

Crisco is economical. It gives as splendid results in cooking as the best grades of creamery butter and at half the cost. It is so rich that one-fifth less need be used. In frying, Crisco can be used over and over again. You can fry fish, then onions and then potatoes in the same Crisco. One dish will not taste of the other, if, after each using, the melted Crisco is strained through cheese-cloth into the can.



FACTORY INTERIOR VIEW.

WHY CRISCO WITH A BALANCED DIET

Solomon was one of the keenest observers in all history. Referring to the good woman he said: "She looketh well to the ways of her household."

Certainly good cookery is one of the most important of the things worth while in life and Crisco has been a contributing factor to the comfort and gratification of countless housewives and chefs who seek for delicacy and wholesomeness in their own cooking. Undoubtedly many lives are shortened by unwise choice of foods. Many others suffer handicaps in depleted energy through indigestion and malnutrition resulting from illy-prepared or badly-balanced foods.

Crisco is so wholesome in itself it may be used with perfect assurance that it will aid in the preparation of a chosen diet that will not only be well balanced but possess those qualities of tastiness and daintiness for which every good cook has striven from the days of Epicurus and his Roman feasts.

The stomach is the human laboratory in which all chemical changes in food take place, either for weal or woe. Crisco is so clean and pure it always blends nicely with the right food combinations likely to remove causes of so many internal digestive troubles and consequent misery.

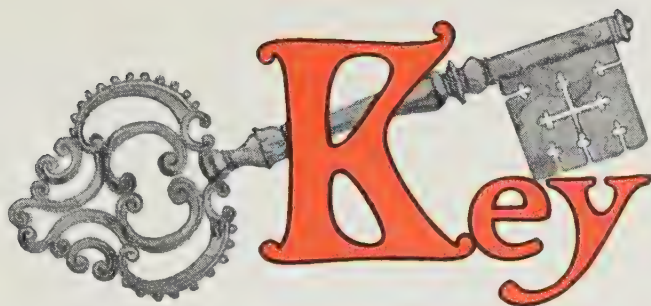
To the Canadian housewife we say *try Crisco* in *your* own cooking.

You will find how delicious and dainty the natural flavors of many foods can really be when prepared with Crisco and thus tasted at *their very best*. And you will have the satisfaction of knowing that you are using the kind of cooking fat necessary to wholesome, well-balanced meals.

If there is any question you may desire to ask on dietary problems or cooking, feel perfectly free to write us and ask us. Our Bureau of Household Service will gladly advise you, for it is maintained in the interests of better cooking and happier homes.

Yours very sincerely,

THE PROCTER & GAMBLE DISTRIBUTING CO.
OF CANADA, LIMITED.



HOW TO USE THE WELL-BALANCED MENUS

SUPPOSE the reader wishes to select a balanced daily diet seasonable to any month, for instance, January. On page 17, under the title of "Daily Meal Combinations," will be found representative menus for a day in January—three simple menus and three more elaborate. Either three will give a properly balanced day's diet. After each dish is one or more symbols, of which there are four. Each symbol represents a foodstuff, and each denotes that the dish so symbolized is rich in that foodstuff. When two or more foodstuffs are present in a considerable degree, then two or more symbols appear.

From the representative menus of a day any number of daily combinations can be made by substituting from the List of Foods, beginning page 23. Always exchange foods of a like symbol. If you do not desire Potato and Corned Beef Hash for breakfast, then select one food listed under the symbol ☆ and one from the list under the symbol ◇. This method of exchange applies throughout the menus of the twelve months. Thus to change the simple menu for January begin with the wheat cereal; the diamond (◇) given as the first symbol above it shows to which group (or list) of foodstuffs it belongs, and any dish in this group, as oatmeal or corn meal mush or ready-to-eat cereal, may be used in its place.

The star (☆) placed after the corned beef-and-potato hash indicates the group to which this article of food belongs, but in substituting from this group one would choose some simple dish that did not call for much time in preparation; cold meats, sliced thin, dried beef, salt or fresh fish, bacon and similar dishes may be found in the ☆ group and are to be considered when eggs, the most prized breakfast

article in the star group, are not plentiful. The principle represented by the \diamond is also well represented and may be found in potatoes cooked in some way or by an additional slice of bread.

Doughnuts belong to the \diamond group with the foodstuff $+$ next in the line. Griddle cakes, waffles, muffins, Sally Lunn, all may be found in the \diamond group and with the butter $+$ with which they are eaten will duplicate the doughnuts. Wheat or corn meal mush, left over, may be cooled in a small pan, sliced, rolled in flour and sautéed in Crisco, and be substituted for the doughnuts. Another slice of toast or bread \diamond would be needed to make up for the cereal with milk which would not under these circumstances be given a place at breakfast, this day.

For dinner pot roast of beef \star may be replaced by any other dish or article of food from the group to which it belongs. For this a comparatively cheap cut of beef is used. As long, slow cooking is needed, a piece large enough for at least two meals is a matter of economy. The next day prepare some other dish from the \star group, possibly fish, then on the following day return to the pot roast with its rich brown sauce for the main \star dish of the meal. If the meat be served cold, have the sauce and vegetables hot and select some other dish from the \diamond group to replace the apple dumpling served the first day. On this first day a cold dessert might have replaced the dumpling. The hot dessert was chosen as the oven could be used for both meat and dessert. In January a dessert in which the $+$ group was well represented would be appropriate, even though the pot roast would be included in the same group. An apple pie or the steamed date pudding made with Crisco are dishes of this class. In using this book the great thing to remember is that the same foods are found in more than one group, because with but few exceptions they contain some proportion of the foodstuffs of the various groups.

At supper, no article appears in which the \star is the leading foodstuff, that is no meat, fish, eggs, etc., are provided; to make up for this, two articles in which the star comes second are given. Together they will provide quite a good showing of the \star principle and it is secured at no great expense. By consulting the lists, other dishes as stewed Lima or kidney beans, macaroni, Neufchatel cheese, or a cream soup (vegetable with milk) may be substituted at about the same cost. By a glance at the lists of \star and \diamond foods you will find these articles in both groups. In such foods the \diamond principle predominates, but there is enough \star to make them valuable members of this group.

DAILY MEAL COMBINATIONS

(See page 23 for lists of the Foodstuffs and explanation of Symbols)

JANUARY

FIRST MENU

Breakfast

Wheat Cereal ◇ ☆
 Top Milk + ◇ ☆ or Butter +
 Corned Beef and Potato Hash ☆ ◇
 Tomato Catsup Baked Bananas ◇
 Toast ◇ Doughnuts ◇ + ☆
 Coffee Cocoa ◇ ☆

Dinner

Pot Roast of Beef ☆ +
 Onions ◇ Potatoes ◇
 Apple Dumpling (biscuit crust) ◇ +
 Sugar ◇ Top Milk + ◇ ☆ Tea

Supper

Whole-Wheat Bread ◇ ☆
 Peanut Butter + ☆ ◇
 Canned Fruit ○ ◇
 Cookies ◇ + ☆
 Tea (sugar and milk as above)

SECOND MENU

Breakfast

Oranges ○ □
 Frizzled Dried Beef ☆
 White Hashed Potatoes ◇
 Graham Rolls (reheated) ◇ ☆
 Coffee Cocoa ◇ ☆ or Milk ◇ + ☆

Luncheon

Stewed Lima Beans ◇ ☆
 Bread ◇ ☆ and Butter +
 Lettuce ○
 Thousand Island Salad Dressing +
 Squash Pie ◇ +

Dinner

Leg of Lamb, Roasted ☆ +
 Brown Sauce + ◇
 Bananas, Baked, Belgian Style ◇
 Franconia Potatoes ◇
 Canned String Beans ◇
 Poor Man's Rice Pudding ◇ ☆
 Oatmeal Drop Cakes ◇ + Tea

FEBRUARY

FIRST MENU

Breakfast

Oatmeal ◇ ☆
 Sliced Bananas ◇ Thin Cream +
 Cold Boiled Ham, Sliced Thin ☆ +
 Potatoes Cooked in Milk ◇ ☆
 ★ Raisin Bread Toasted ◇
 Orange Marmalade ◇
 Coffee Cocoa ◇ ☆

Dinner

Hamburg Steak ☆
 French Fried Potatoes ◇ +
 Boiled Cabbage ◇ ☆
 Cottage Pudding, Foamy Sauce ◇ +

Supper

Mock Bisque Soup ◇ ☆
 Croutons ◇ +
 Virginia Spoon Corn Bread ◇ ☆
 Evaporated Peaches, Stewed ◇ Tea

SECOND MENU

Breakfast

Creamed Finnan Haddie ☆
 Pickled Beets ◇
 White Hashed Potatoes ◇
 Corn Meal Griddle Cakes ◇ ☆
 Coffee

Luncheon

Succotash ◇ ☆
 Cheese Muffins ☆ ◇
 Lemon Pie ◇ + Tea

Dinner

Boiled Forequarter Mutton ☆
 Capers Sauce +
 Boiled Turnips ◇ Boiled Potatoes ◇
 Lettuce ○
 Vegetables in Tomato Jelly ○ ☆
 Salad Dressing +
 Steamed Date Pudding ◇ +
 Hard Sauce with Dates + ◇

MARCH

FIRST MENU

Breakfast

Cereal Cooked with Dates ◇☆
 Top Milk +◇☆
 Eggs Fried in Crisco ☆+
 Potatoes Hashed in Milk ◇
 Crullers ◇+
 Coffee Cocoa ◇☆

Dinner

Large Fillets of Haddock, Baked ☆
 Bread Dressing ◇+ Egg Sauce +☆
 Mashed Potatoes ◇
 Spinach Greens ○□+
 Apple Pie +◇ Cheese ☆
 Half Cups Coffee

Supper

Milk Toast ◇☆
 Stewed Figs ◇
 Caraway Seed Jumbles ◇+
 Tea

SECOND MENU

Breakfast

Half Grapefruit ○□
 Sausage Omelet ☆+
 French Fried Potatoes ◇+
 Parker House Rolls (reheated) ◇+
 Coffee Cocoa ◇☆

Luncheon

Hot Ham Sandwiches ☆◇
 Cold Spinach ○□+
 Russian Salad Dressing +
 Prunes Jellied with Marmalade ◇
 Thin Cream +
 Sponge Cake ◇☆

Dinner

Noodle Soup ☆◇
 Chicken Fried in Batter ☆+◇
 Canned Asparagus ○□+
 Potatoes
 Scalloped with Green Pepper ◇☆
 Individual Lemon Pies +◇

APRIL

FIRST MENU

Breakfast

Cereal ◇☆ Thin Cream +
 Corned Beef and Potato Hash ☆◇+
 with Bananas ◇
 Radishes ○
 Baking Powder Biscuit ◇+
 Coffee Cocoa ◇☆

Dinner

Veal Stew ☆◇
 (onions, carrots, potatoes)
 Baking Powder Biscuit ◇+☆
 Homemade Pickles ○
 Custard Pie ☆+◇

Supper

Cheese Custard ☆◇
 Stewed Prunes ◇
 Sponge Jelly Roll ◇☆ Tea

SECOND MENU

Breakfast

Beauregard Eggs ☆◇
 Breakfast Corn Cake ◇+☆
 Dry Toast ◇
 Amber Marmalade ◇
 Coffee Cocoa ◇☆

Luncheon

Oyster Stew ☆ Crackers ◇
 Coleslaw ○◇
 Prune Pie +◇ Cheese ☆
 Coffee

Dinner

Brown Vermicelli Soup ☆◇
 Lamb Soufflé ☆ Tomato Sauce +
 Fried Parsnips ◇+
 Bermuda Onions, Boiled ○◇
 Baked Potatoes ◇
 Custard Soufflé ☆◇
 Frothy Sauce +◇☆

MAY

FIRST MENU

Breakfast

Finnan Haddie Balls ☆◇+
 Bacon Rolls +
 Dry Toast ◇☆
 Graham Pop-Overs ◇☆
 Grapefruit Marmalade ○◇
 Coffee Cocoa ◇☆

Dinner

Split Pea Soup, St. Germain ◇☆
 Cold Roast Veal ☆
 Bread Dressing ◇+
 Hot Mashed Potatoes ◇
 Spinach ○ with Slices of Egg ☆
 Sliced Oranges ○ and Bananas ◇
 Citron Cake ◇☆

Supper

Frizzled Beef ☆+
 Baked Potatoes ◇ Zwieback ◇☆
 Rhubarb Stewed with Raisins ○◇
 Atlantics ◇+ Tea

SECOND MENU

Breakfast

Pineapple ○
 Fried Calf's Liver ☆+
 with Bacon Rolls +
 Delmonico Creamed Potatoes ◇☆
 Doughnuts ◇+☆
 Coffee Cocoa ◇☆

Luncheon

Scotch Woodcock ☆◇
 Dandelion Greens ○
 Nut Bread and Butter ◇☆+
 Strawberry Shortcake ◇+ Tea

Dinner

Veal Soufflé ☆ Brown Sauce +
 French Fried Potatoes ◇+
 New Beets ◇
 Coffee Bavarian Cream +☆

JUNE

FIRST MENU

Breakfast

Strawberries ○
 Eggs Cooked in Shell ☆
 Dry Toast ◇☆
 Rice Griddle Cakes ◇☆ Honey ◇
 Coffee Cocoa ◇☆

Dinner

Baked Shad ☆ Bread Dressing ◇+
 Potatoes Scalloped with Pimientos ◇
 Philadelphia Relish ○
 Rebecca Pudding ◇☆
 Cream + Sugar ◇

Supper

Asparagus Cooked as Peas ○
 Baking Powder Biscuit ◇+
 Strawberries ○
 Sponge Jelly Roll ◇☆ Tea

SECOND MENU

Breakfast

Pineapple ○
 Asparagus ○ Omelet ☆
 Parker House Rolls (reheated) ◇+☆
 Fried Cereal Mush ◇+
 Coffee

Luncheon

Ham Timbales ☆ Cream Sauce +
 Baking Powder Biscuit, Toasted ◇+
 Sugared Pineapple ○◇
 Cream Cheese ☆

Dinner

Cream of Onion Soup ○☆
 Breaded Lamb Chops ☆ Fried +
 Tomato Sauce +
 Mashed Potatoes ◇ Buttered Beets ◇
 Cream Cakes with
 Strawberry Preserves ◇+
 Half Cups Coffee

JULY

FIRST MENU

Breakfast

Blueberries ○
Wheat Cereal ◇☆ Thin Cream +
Dried Beef, Frizzled ☆
Hashed Brown Potatoes ◇+
French Bread, Toasted ◇☆
Coffee

Dinner

Cold Corned Beef, Sliced Thin ☆
Mayonnaise of Sliced Tomatoes +○
Prune Soufflé ☆
Boiled Custard ☆

Supper

Omelet with Green Peas ☆ or
Eggs Scrambled ☆
with Asparagus Tips ○
Baking Powder Biscuit ◇+
Dried Apricots, Stewed ◇
Tea

SECOND MENU

Breakfast

Raspberries ○ Thin Cream +
Sugar ◇
Eggs Shirred with Asparagus Tips ☆○
Graham Muffins ◇☆+
Coffee Milk ◇☆

Luncheon

Cheese Croquettes ☆+
Stewed Tomatoes ○
Blueberry Pie +◇

Dinner

Boiled Salmon ☆+ Egg Sauce +☆
Boiled Potatoes ◇
Green Peas ◇
Cucumbers ○ French Dressing with
Onion Juice and Parsley +
Canned Apricot Sherbet ◇
Sponge Jelly Roll ◇☆
Salted Almonds ☆

AUGUST

FIRST MENU

Breakfast

Muskmelon ○
Spanish Omelet ☆
Saratoga Potatoes (reheated) ◇+
Quick Yeast Rolls (reheated) ◇☆
Coffee Cocoa ◇☆

Dinner

Onions Stuffed with Ham ☆
Cream Sauce +
Sliced Tomatoes ○
Corn on the Cob ○◇
Blackberry Shortcake ◇+
Half Cups of Coffee

Supper

Mayonnaise + of Lettuce ○
and Sliced Eggs ☆
Graham Bread ◇☆ and Butter +
Burnt Leather Cake ◇+
for children, Bread ◇☆
Skimmed Milk ◇☆

SECOND MENU

Breakfast

Bartlett Pears ○
Broiled Honeycomb Tripe ☆
Maitre d'Hôtel Sauce +
Potatoes in quarters, plain boiled ◇
French Bread, Toasted ◇☆
Coffee

Luncheon

Cream of Corn Soup ◇☆
Cold Veal Loaf ☆
Sliced Tomatoes ○
Baked Potatoes ◇
Squash Pie ◇+ Tea

Dinner

Cutlets of Fresh Fish, Fried ☆+
Coleslaw ○ Corn Custard ◇☆
Mashed Potatoes ◇
Apricot or Lemon Sherbet ○◇
Oatmeal Drop Cakes ◇+

SEPTEMBER

FIRST MENU

Breakfast

Sliced Peaches ○ Sugar ◇
Eggs Scrambled ☆ with
Cooked Ham ☆
Broiled Tomatoes ○
French Bread, Toasted ◇☆
Coffee

Dinner

Squirrel Pie ☆◇+
Creamed Cabbage ◇☆
Baked Squash ○◇
Sweet Pickled Pears ○◇
Hot Cornstarch Pudding ◇☆
Chocolate Sauce ◇☆

Supper

Corn Custard ◇☆
French Bread ◇☆
Apples ○ Cooked with Almonds ◇☆
Honey Cookies ◇+ Tea

SECOND MENU

Breakfast

Cereal ◇☆ Thin Cream +
Fried Oysters ☆+
Sliced Tomatoes ○
Rye Meal Muffins ◇☆
Coffee Cocoa ◇☆

Luncheon

Stuffed Tomatoes ☆+
Stewed Lima Beans ◇☆
Whole-Wheat Bread ◇☆
Chocolate Éclairs +☆◇

Dinner

Broiled Sirloin Steak ☆
Maitre d'Hôtel Sauce +
Baked Sweet Potatoes ◇
Cauliflower ○◇
Blackberry Sponge ◇☆ Sugar ◇
Cream +

OCTOBER

FIRST MENU

Breakfast

Grapes ○◇
Eggs Shirred in Cream ☆+
Hashed Brown Potatoes ◇+
Graham Bread ◇☆ Doughnuts ◇+
Coffee Cocoa ◇☆

Dinner

Corned Beef, (Fancy Brisket) ☆+
Boiled Potatoes ◇
Boiled Cabbage ○◇
Boiled Turnips ○
Steamed Graham Pudding ◇☆
Cream Pudding Sauce +◇

Supper

Fresh Fish Chowder ☆
Pickles ○ Celery ○
Browned Crackers ◇
Apple Sauce ○◇
Ginger Snaps ◇+

SECOND MENU

Breakfast

Cereal ◇☆ Thin Cream +
Broiled Salt or Fresh Mackerel ☆
Delmonico Potatoes ◇
Baked Apples ○
Graham Muffins ◇☆
Coffee Cocoa ◇☆

Luncheon

Venetian Eggs ☆
Graham Pop-Overs ◇☆
Apple and Celery Salad ○
Mayonnaise Dressing + Tea

Dinner

Chicken Gumbo ☆◇
Celery ○
Yeast Rolls ◇☆
Peach or Apple Brown Betty ◇+
Sugar ◇ Cream +
Salted Jumbo Peanuts +☆◇

NOVEMBER

FIRST MENU

Breakfast

Baltimore Somp ◇ ☆
Thin Cream + Maple Syrup ◇
Sausage ☆ + Hot Apple Sauce ○ ◇
Boston Brown Bread (reheated) ◇ ☆
Coffee Cocoa ◇ ☆

Dinner

Halves of Grapefruit ○
Roast Chicken ☆ Sausage Cakes ☆ +
Bread Dressing ◇ +
Mashed Potatoes ◇
Boiled Onions ○ ◇
Cranberry Sauce ○ ◇
Pumpkin Pie + ◇
Half Cups Coffee

Supper

Cream of Celery Soup ◇ ☆
Date and Apple Salad ◇ ○
Mayonnaise Dressing +
Bread ◇ ☆ and Butter + Tea

SECOND MENU

Breakfast

Hot Baked Apples ○ Thin Cream +
Broiled Ham ☆
Grilled Potatoes ◇
Cereal Griddle Cakes ◇ ☆
Coffee

Luncheon

Cabbage Scalloped ◇ with Cheese ☆
Nut Bread and Butter ◇ ☆ +
Pineapple and Orange Marmalade ◇
Chocolate Cake ◇ ☆
Tea

Dinner

Pot Roast of Beef ☆ Brown Sauce +
Whole Potatoes Fried in Crisco ◇ +
Scotch Kale ○
Eggplant, Creole Style ◇ +
Savarin ◇ ☆ Apricot Sauce ◇
Half Cups Coffee

DECEMBER

FIRST MENU

Breakfast

Cereal Cooked with Raisins ◇ ☆
Thin Cream +
Cooked Ham (chopped) Creamed on
Toast ☆ ◇
Quick Nut and Fruit Roll's ◇ ☆
Coffee Cocoa ◇ ☆

Dinner

Fowl en Casserole ☆
(onions, carrots, potatoes) ◇
Celery ○
Vegetable Mince Pie + ◇
Apple Meringue ☆
Cream Cheese ☆ Half Cups Coffee

Supper

Rice Cooked with Cheese ◇ ☆
Graham Bread and Butter ◇ ☆
Boston Cream Pie
Chocolate Filling ◇ ☆
Stewed Prunes ◇ Tea

SECOND MENU

Breakfast

White Grapes ○
Lamb Chops, Broiled ☆
French Fried Potatoes ◇ +
Waffles ◇ ☆ + Coffee

Luncheon

Finnan Haddie Balls ☆ +
Bacon + Piccalilli
Nut Bread and Butter ◇ ☆ +
Apple Cake ◇ ☆

Dinner

Tomato Bouillon ☆
Individual Chicken Shortcakes ☆ ◇
Cranberry Sauce ◇
Eggplant, Creole Style ◇
Cheese Croquettes ☆ + Celery ○
Toasted Crackers ◇ ☆
Half Cups Coffee



FOODS RICH IN FATS

- | | |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Butter | Dressing, boiled salad |
| Cake made with shortening | bread |
| Cake, Belle's, devil's food, favorite
high altitude, Newport* | for apple and celery salad |
| Cakes, cream, light colored drop,
oatmeal drop | for apple, date and celery salad |
| Calf's Liver, breaded and fried
cooked with bacon | for cabbage salad |
| Caviare | for fresh fish salad |
| Chocolate, beverage, cake, candy,
frosting | for oyster salad |
| Chou Paste, in chicken salad éclairs* | for potato salad |
| in chocolate éclairs* | for spinach salad |
| in cream cakes* | for stuffed tomato salad |
| in Palmerston éclairs* | for vegetables in tomato jelly |
| Chowder, clam, green corn, fresh
fish, salt fish | French*, with cress |
| Cocoa, beverage, cake, candy, frost-
ing | with cucumbers |
| Corn meal, mush with milk and fried,
bread, griddle cakes | with endive |
| Cream, as sauce, charlotte russe, ice
cream, in tea and coffee | with lettuce |
| Crisco, in cake making, shortening,
frying, sauces and salad dress-
ings | with tomatoes |
| Croquettes, chicken*, macaroni, oys-
ter*, potato, rice and raisin*,
sardine* | mayonnaise* |
| Crullers | mayonnaise with Crisco* |
| Custard, soft or "boiled," baked | Russian salad |
| Doughnuts of all varieties | chicken salad |
| | Éclairs, chocolate* |
| | Palmerston* |
| | Eggplant, fried* |
| | Egg Yolks, fried in batter |
| | Eggs, fried* |
| | stuffed, fried* |
| | Fat, for shortening and frying |
| | Fat portions of cooked beef, roast
ribs, sirloin steak, round steak,
rump steak; veal, lamb, mutton;
pork, roast spare ribs, roast ten-
derloin, chops, sausage, ham, |

Fat, cont.

shoulder; goose, duck, and poultry.

in round steak, Italian style

Fish, bluefish, baked with or without stuffing, broiled

bluefish, baked, Italian style*

haddock

halibut

herring, fresh, salted, baked, boiled, broiled, fried, salad, smoked, canned

mackerel

salmon

finnan haddie, boiled, broiled, balls,* creamed

flounders, fried, cheese sauce, baked, broiled

fried fillets of all varieties of fish*

mackerel, Spanish, baked, boiled, broiled

mackerel roe, baked with tomatoes, creamed

pompano

sardines, in cream sauce, brown sauce, tomato sauce, sandwiches, stuffed eggs

shad, baked, boiled, broiled, stuffed and baked

shad roe, baked with tomatoes, creamed, salad

trout (salmon, lake or brook)

whitefish, baked, boiled, broiled, creamed, salad

Fritters of all kinds

corn and oyster*, lenten*, peach, pear, pineapple, tomato, or cutlets

Fruit Puff

Hominy, in mush, griddle cakes and spoon corn bread

Jumbles, caraway seed

Marrow in leg of beef and veal

Meats, bacon, boiled, broiled, cooked in oven, fried

beef, pot roast of*

corned, brisket, flank

corned, rib

chicken, fried in batter,

fried, Maryland style

poultry wings, fricassee of, Princesse*

salt pork, fried, cooked in beans or with "greens"

tenderloin cutlets, Pojarski*

veal cutlets, breaded and fried

veal cutlets, in brown sauce

veal cutlets, Pojarski*

veal loaf

veal, loin of, roasted*

Mushrooms, tomatoes, etc., in hashed lamb, Provençale

Nut Bread

cake, loaf, salad

Nuts, cocoanut

peanuts, plain, salted, cooked in bread or

peanut butter

pecan, plain, salted, in bread, in stuffing, etc.

pine

pistachio

walnuts	{ California English black shagbark }	{ plain, salted, in other food }
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Oatmeal, bread, cookies, crackers, macaroons, muffins, mush, fried mush, wafers

Oil, cottonseed

olive

peanut and other vegetable in salad dressing

Olives

Omelet, green pea*

Omelets of all varieties

Onions, boiled and buttered

Onions, creamed

Onions stuffed with nuts

Onions stuffed with sausage

Parsnips, fried*

Pastry, in pies, tarts, etc.

in covered currant jelly tartlets*

in individual lemon pies*

in open fruit tartlets*

in prune pie*

in vegetable mince pie*

in white potato custard pie*

in banana pie*

in cold squab pie

in date cream pie*

in fairy squash pie*

in mock mince pie*

in Quaker pie

in Virginia sweet potato pie*



Pears, alligator
 Popcorn, plain, in candy, in milk
 Pudding, brown Betty*
 steamed date*
 steamed Graham*
 Rolls, Parker House*
 quick, nut, and fruit*
 Salad, Mexican
 Somp*
 Sandwiches, fried oyster*
 hot ham*
 Sauce, cream*
 Sauce, cream pudding*
 drawn butter*
 fish béchamel*



frothy (sweet)*
 golden
 hard*
 Hollandaise*
 Maître d'Hôtel, for tripe, steak,
 fish, etc.
 tomato*
 Stuffing, white bread for fish, fowl,
 etc.
 green, for fish, fowl, etc.
 for veal
 Suet
 Tarts, strawberry*
 Waffles



FOODS RICH IN CARBOHYDRATES

Alphabet paste, in soup
 Arrowroot to thicken sauces and
 soups
 Bananas, baked, Belgian style*
 and date salad
 fried with bacon
 and nut salad
 and potatoes with corned beef
 hash
 pie*
 sliced with cereal
 sliced with lemon jelly
 whip
 Barley, granulated, breakfast cereal
 meal and flour gruel, to thicken
 soup; pearled, in soup
 Beans, dried, stewed, succotash,
 salad, soup
 Biscuit, whole-wheat baking pow-
 der*, white flour baking powder
 Bread, French*, Graham, Graham
 pop-overs*, orange*, raisin*, rye
 with caraway seeds*, Virginia
 spoon corn*, white*, whole-
 wheat*
 Breakfast Foods
 Cake, Belle's*, Boston cream pie*,
 burnt leather*, chocolate*,
 devil's food*, eleventh hour*,
 favorite high altitude*, fudge,
 Newport*, prune almond*
 Cakes, cream, strawberry preserves*
 light-colored drop*
 oatmeal drop*

Cereals
 Clover leaves*
 Cocoonut, in cake, candy, frosting,
 curries
 Corn, hulled, sweet, canned, in succo-
 tash, creamed, custard, pudding
 Corn meal, mush, muffins, bread,
 spoon corn bread, griddle cakes,
 baked pudding
 Cornstarch, blanc mange, Delmonico
 pudding, in lemon pie
 Crackers of all kinds
 Croquettes, macaroni, potato,
 rice and raisin*
 Crust for squab pie
 Dates, with cereal and cream
 stuffed with nuts and fondant
 with apples and lettuce
 with bananas and lettuce
 with cream cheese and
 lettuce
 with pineapple and let-
 tuce
 Dressing, bread
 bread, for fish, etc.
 green, for fish, etc.
 Éclairs, Palmerston*
 Eggplant, Creole style*
 fried
 fried in batter*
 Farina, mush, with milk, cold mush
 fried
 Figs, fresh, canned, dried, stewed,

salad
 dress-
 ing

Figs, cont.
 preserved, in jelly, in salad, with cream
 Fish, salt codfish balls
 Flour, buckwheat, griddle cakes
 entire-wheat, bread, biscuit, rolls, muffins, griddle cakes
 Graham, bread, rolls, muffins, griddle cakes
 potato, sponge cake, thickening for soup
 rye, bread
 wheat, bread, rolls, muffins, griddle cakes, waffles, pop-overs, cake, pastry
 Fritters, Lenten*, apple, banana, pear, peach, pineapple, clam, oyster
 Fruit Puffs
 Fruit, bananas, dried currants, figs, fresh or dried, grapes, prunes, raisins
 { apples
 apricots, canned, jam, preserved
 blackberries
 cherries, canned, preserved, Maraschino
 huckleberries
 pears
 pineapples
 raspberries
 canned, all varieties
 preserved, all varieties
 Hominy, mush with milk, cold mush
 fried, spoon bread
 Honey
 Jam, all varieties of fruit
 Jumbles, caraway seed
 Lenten Luncheon Dish
 Lentils, dried, in soup, salad, with tomatoes
 Macaroni, creamed, baked with cheese, Italian style
 Marmalade, apple, cumquat, grapefruit, orange, peach, pineapple, quince, rhubarb
 Molasses
 Noodles, in soup, as vegetable
 Oatmeal, mush, bread, macaroons, cookies
 Parsnips, boiled, fried*
 Peanut Cookies
 Peanuts, fresh, salted, soup

Peas, dried, in soup
 Peppers, green, stuffed and baked, in salads
 Pie, banana*
 date cream*
 fairy squash*
 individual lemon*
 mock mince*
 Quaker
 vegetable mince*
 Virginia sweet potato*
 white potato custard*
 Popcorn, popcorn balls, popcorn in milk
 Potato in shepherd's pie
 Potatoes, boiled, baked, French fried, German fried, hashed brown*, white hashed, cooked in milk, Delmonico, au gratin*
 Lyonnaise*
 scalloped, with peppers and onions*
 in fresh fish chowder
 Pudding, brown Betty*
 cottage
 Indian tapioca*
 rice, porcupine style*
 savarin*
 steamed date*
 steamed Graham*
 Rice, as cereal
 as vegetable
 cooked with cheese*
 Creole fashion
 pudding
 Rolls, Parker House*
 quick, nut, and fruit*
 Rye meal, in Boston brown bread, muffins, yeast bread
 Salad, potato*
 Samp, Baltimore, with cream, with cheese, with parsley*
 Sandwiches, fried oyster*
 hot ham*
 Sauce, currant jelly
 maple syrup
 Sherbet, canned apricot, grape juice, lemon, orange, pineapple, raspberry, strawberry
 Shortcake, blackberry, peach, strawberry
 Soufflé, macaroni and cheese*



Soup, cream of corn, cream of green
 pea, cream of potato, split pea
 Spaghetti, creamed, baked with
 cheese, Italian style, in soup
 Stuffing for veal
 Sugar, brown, confectioner's, in
 frosting, on fruit
 granulated, on cereals, in coffee,
 cocoa, chocolate, in cooking,
 candy, frosting
 loaf, in coffee, tea, cocoa
 maple, on mush, griddle cakes,
 in cake, candy, frosting
 powdered, on fruit, in frosting



Syrup, maple, corn, sugar
 Tapioca, in custard, puddings, baked
 with apples, soup
 Tartlets, covered currant jelly*
 open fruit*
 Tarts, strawberry*, fruit jelly, apple
 sauce
 Toast
 Toast, for Beauregard eggs
 Vegetables, in green corn chowder
 with ham en casserole
 macedoine of, in tomato jelly
 Vermicelli, in soup
 Woodcock, Scotch



FOODS RICH IN PROTEINS

Apple Meringue*
 Beans, dried (all kinds)
 Lima, fresh, stewed, salad, soup
 Lima, dried, stewed, succotash,
 salad, soup
 Biscuit, whole-wheat, white baking
 powder*, yeast
 Bread, French*
 Graham pop-overs*
 raisin*
 rye bread with caraway seeds*
 Virginia spoon corn*
 whole-wheat*
 Cabbage
 Cabbage, creamed, au gratin*
 Cake, Belle's*
 burnt leather*
 cream pie, chocolate filling*
 devil's food*
 fudge
 Newport*
 prune almond*
 Cakes, light-colored drop*
 Cheese, all varieties, raw, cooked
 croquettes*
 golden buck
 Welsh rabbit
 tomato rabbit
 oyster rabbit
 Mexican rabbit
 cheese soufflé*
 cheese pudding
 Italian cheese dish
 Chowder, clam, fresh fish*, green
 corn*

Clover leaves, (cakes)*
 Corn meal, mush, puddings, rolls,
 brown bread
 Crackers
 Croquettes, cheese*
 chicken (with broiled tomatoes)*
 oyster, sardine
 Éclairs, Palmerston*
 Eggs, boiled, poached, scrambled,
 shirred
 fried, in omelets, custards, cake,
 cookies
 Beauregard*
 fried*
 stuffed, fried*
 Venetian
 with spinach and cheese*
 Farina, hot mush; cold mush, fried
 Fish, baked, with bread dressing*
 bluefish, baked, Italian style*
 clams, chowder, steamed, cock-
 tail, soup
 codfish, supreme*
 crabs, Newburg, creamed, salad
 fresh, of all kinds, boiled, broiled,
 fried
 fried fillets of*
 rolled fillets of, Béchamel*
 flounders, fried, cheese sauce*
 lobsters, broiled, Newburg,
 salad, creamed
 oysters, scalloped, fried, stewed,
 fricassee, salad
 salmon loaf*
 salt codfish, cakes, creamed,
 balls, chowder



Fish, cont.

salt finnan haddie, broiled,
 boiled, balls*
 salt mackerel, boiled, cooked in
 milk, broiled
 salt salmon, boiled, broiled,
 creamed, croquettes, cakes,
 balls
 scallops, Newburg, creamed,
 salad, cocktail
 shad roe, broiled, creamed,
 salad
 shrimps, salad, creamed, scal-
 loped
 smoked halibut, as a relish,
 creamed, balls
 smoked herring, as a relish,
 creamed, salad
 Flour, entire-wheat
 wheat
 Fritters, corn and oyster
 Gelatine, in meat soups, in fruit
 jellies, in jellied broth
 Hominy, hot as mush; cold, fried
 Lenten Luncheon Dish
 Lentils, dried, soup, baked with to-
 matoes
 Macaroni, creamed, baked with
 cheese, Italian style, in soup
 Meats, beef, lean
 fresh, boiled chuck, neck, rump,
 ribs
 broiled Porter House steak
 sirloin steak
 tenderloin steak
 rump steak
 round steak
 flank steak
 Hamburg steak (round)
 roasted ribs
 tip of loin
 sirloin
 rump
 Hamburg roast(round steak)
 corned, boiled
 brisket
 thick end ribs
 thin end ribs
 flank
 plate
 rump
 tongue
 dried, creamed, frizzled

} creamed
 and
 in
 hash



plain, as relish
 beef, pot roast of*
 steak, round, Italian style
 tenderloin cutlets, Pojariski
 corned beef hash with ba-
 nanas
 chicken, boiled, broiled, cream-
 ed, fricassee, fried, roasted,
 salad
 chicken, Creole style*
 fried in fritter batter*
 fried, Maryland*
 scalloped, and green corn*
 fowl, jellied
 ham, boiled, baked, timbales,
 fried, with scrambled eggs
 sliced, en casserole*
 York*
 ham timbales*
 heart, boiled, stuffed and braised
 hearts, veal or lamb, stuffed
 kidney, boiled, in omelet, in
 brown sauce
 lamb, forequarter or breast
 boiled, with caper sauce
 stewed with vegetables
 boned and rolled, roasted or
 boiled
 en casserole
 chops, broiled
 breaded and baked
 breaded and fried
 loin, roasted with mint sauce
 leg, boiled, roasted
 hashed, Provençale*
 liver, fried, hashed, braised
 mutton, forequarter or breast
 boiled
 stewed
 boned and rolled, roasted or
 boiled
 en casserole
 chops, broiled
 breaded and baked
 breaded and fried
 loin, roast
 leg, boiled, roasted
 pigs' feet, boiled, pickled
 pork, lean, fresh; chops, spare-
 ribs, roasted or baked
 poultry wings, fricassee of*
 sausage, lean part of



Meats, cont.

shoulder, boiled, baked
tongue, (fresh or pickled) boiled,
braised
tripe, broiled, fried, fricassee
baked Spanish
broiled honeycomb
veal, cutlets
liver, baked, braised, fried,
broiled
sweetbreads, baked, braised,
fried, broiled, salad
stew
roast loin of
fricassee of
croquettes
soufflé
brown, fricassee of
cutlets, Pojarski*
loin of, stuffed and roasted*

Milk, as beverage, in custards, puddings, bread, cream soups, ice cream

skimmed, in bread, puddings, cream soups, chowder

Noodles, as vegetable, in soup

Nuts, almonds, salted, baked with apples, with Savarin

bechnuts	} plain and salted in bread, cake, salads
Brazil nuts	
butternuts	
filberts	

peanuts, peanut butter

pine	} plain salted
pistachio	
walnuts	

Oatmeal, mush, bread, cookies, crackers, macaroons

Omelet, Spanish*, green pea*, plain, French, puffy

Peas, cow, green, dried
green, boiled, timbales, soup, omelet

Peppers, green, stuffed and baked*

Pie, cold squab



fairy squash*

Quaker
shepherd's
Virginia sweet potato*
white potato custard*

Pies, individual lemon*

Pudding, Indian tapioca*
rice, porcupine style*
Savarin*

savoy

Rice, as breakfast cereal
as vegetable

pudding
in soups
croquettes
cooked with cheese*

Rolls, Parker House*
quick, nut, and fruit*

Rye meal, muffins, bread, Boston
brown bread

Salad, chicken, fresh fish
Mexican
oyster

Samp, as cereal, as vegetable,
creamed with cheese

Sandwiches, fried oyster*
hot ham*

Sauce, golden

Shortcake, individual chicken*

Soufflé, custard
macaroni and cheese
veal, lamb or chicken

Soup, chicken
chicken gumbo
cream of cauliflower
cream of corn
cream of green pea
cream of potato
emergency
noodle

Spaghetti, creamed, baked with
cheese, Italian style, in soup

Tomatoes, stuffed, baked

Vermicelli, in soup

Woodcock, Scotch*

FOODS CONTAINING MINERAL MATTER

Almonds, fresh, salted, cooked with apples, on German coffee cake
Apples, fresh, baked, cooked in syrup, in sauce, in pie, in apple cake,

in meringue, in Quaker pie
Apricots, fresh, canned, in sherbet, in shortcake, in pie
Asparagus, boiled, cold in salad

Bananas, fresh, baked*, fried
 Barley, granulated, breakfast cereal
 pearled soup
 whole soup
 Beans, fresh, dried; stewed, baked
 Lima, dried, stewed, succotash
 with corn, salad
 Lima, fresh, stewed, succotash
 with corn, salad
 pea, dried, stewed, baked
 string, fresh, canned, boiled, cold
 in salad
 Boston baked beans
 Boston baked bean soup
 Beef, lean
 steak, roast ribs, boiled fresh
 brisket, flank, chuck
 Beets, boiled, baked, pickled
 Blackberries, fresh, canned; in jam,
 in pies, shortcake, jelly
 Blueberries, fresh, canned; with milk;
 in jelly, pies, puddings
 Brazil Nuts, fresh, salted
 Bread, Graham, rye, white*, whole-
 wheat*
 Buckwheat flour
 Butter
 Buttermilk, as beverage or in flour
 mixtures
 Cabbage, boiled, coleslaw
 creamed, au gratin*
 salad
 Capers, in caper sauce for boiled
 lamb, in potato salad
 Caraway seed, in rye bread*, candies
 and cookies
 Carrots, fresh, canned, in stews,
 casserole dishes, creamed and
 with peas
 Cauliflower, boiled, creamed, pickled
 Caviare, relish, sandwiches
 Celery, as relish, creamed, in brown
 sauce, in stews and soups
 Cheese, plain, in cheese pudding,
 with macaroni, rice and spa-
 ghetti
 Cottage Cheese
 Cherries, raw, in pies, puddings and
 salad
 Cherry Juice
 Chestnuts, raw, roasted, boiled, in
 stuffing, preserved, ice cream,
 puddings

Chicory, salad
 Chives, soups, salad
 Chocolate, beverage, cake, candy,
 frosting
 Citron, preserved, cake, mince pie
 Citron Melon, preserves, sweet
 pickles
 Cocoa, beverage, cake, candy, frost-
 ing
 Cocoanut Pulp, in cake, candy, frost-
 ings and curries
 Coffee, as beverage, in Bavarian
 cream, custard, filling for éclairs
 Corn, sweet, dried
 sweet, fresh
 scalloped green, and chicken
 Corn Fritters, custard, creamed, au
 gratin
 Corn meal, in mush, bread
 Crackers
 Cranberries, pie, sauce, jelly
 Cream
 Cress
 Cucumbers, salad, pickled
 Currants, fresh, Zante, jelly
 Currant Juice
 Dandelion Greens
 Dates, fresh with cereal, stuffed with
 fondant, in salad
 Eggplant, Creole style*
 fried*
 Eggs, boiled, poached, fried, scram-
 bled, shirred, in omelets, pies,
 custards, cake, puddings
 Egg white
 Egg yolk
 Endive
 Figs, fresh } stewed
 dried }
 Fish, blue, baked*, broiled
 cod
 finnan haddie*
 haddock
 halibut
 herring
 herring roe
 pike
 salmon
 trout
 } boiled
 } broiled
 } baked
 } fried
 Flaxseed
 Flour of all kinds
 Gooseberries
 Grapefruit, fresh, marmalade, juice

Grapes
 Grape Juice
 jelly, sherbet
 Guava, fresh, cheese
 Hazelnuts
 Honey
 Horseradish
 Huckleberries
 Infants' Foods
 Lamb, boiled or roasted leg
 Leeks, in soup, salad
 Lemons
 Lemonade
 Lemon Juice, jelly
 Lentils, soup, baked as beans with
 tomato
 Lettuce
 Limes
 Mango
 Maple Sap
 Meat, beef, lean, boiled, broiled,
 roasted, round steaks in casserole
 veal, lean, cutlets, loaf, roast
 fillet
 ox tongue, fresh or pickled
 chicken, boiled, broiled, casse-
 role, creamed, fricassee, fried,
 pie, roast, salad, stew
 chicken, Creole style
 pork, lean, baked, pork chops,
 roast tenderloin
 ham, baked, boiled, broiled, cas-
 serole of, fried
 rabbit's flesh
 frog's flesh
 Meat Extracts
 Meat Sauces
 Milk, cow's, fresh, condensed, evap-
 orated
 Molasses, as relish, in bread, ginger-
 bread, Boston baked beans
 Mushrooms, broiled, creamed,
 stewed, in sauce and soups
 Mushrooms, parsley, onions, tomato
 as in bluefish, Italian style
 Muskmelons, fresh, pickled
 Mustard Pickles
 Mutton, cooked in any way
 Oatmeal, bread, cookies, crackers,
 macaroons, muffins, mush,
 wafers
 Olives, as relish, in salads, in cas-
 serole of pigeons

Onions, raw or cooked
 Orange Juice
 jelly
 omelet
 sherbet
 Oranges, fresh, in marmalades
 Paprika
 Parsnips, boiled, fried, in fritters
 Peaches, fresh, dried, canned, pie,
 shortcake
 Peanuts
 Peanut Butter
 Peanut Butter Sandwiches
 Pears, fresh, canned, pickled
 Peas, dried
 fresh, boiled, green pea omelet,
 green pea timbales
 cow peas, dried
 Persimmons
 Pie, mince, squash
 Pineapple
 Pineapple Juice
 sherbet
 pie
 Plums
 Pork, lean; baked chops, roast ten-
 derloin
 Potatoes, boiled in skin, baked in
 skin
 sweet, baked in skin, boiled in
 skin
 Prunes in pie*
 in salad
 dried
 stewed
 Pumpkins
 Quince Juice
 jelly
 Radishes
 Raisins, as dessert, in cake, in pud-
 dings, salad
 Raspberries
 Raspberry Juice
 sherbet
 Rhubarb, baked with raisins, pie,
 marmalade
 stewed
 Rice, boiled
 Creole fashion*
 Rutabaga Turnips, boiled
 Rye
 bran
 flour

Salad, apple and celery
 apple, date and celery
 cabbage
 celery, apple and raisin
 Mexican
 spinach
 stuffed tomato

Salsify

Sauce, currant jelly
 tomato

Shortcake, blackberry*
 strawberry
 peach

Soup
 cream of cauliflower
 cream of potato
 tomato, from remnants of roasts

Soup Stock, brown

Spinach

Spinach with eggs and cheese

Squash

Strawberries, fresh

Strawberry preserves, sherbet,
 shortcake, tarts*, ice cream

Tamarinds

Tomato fritters or cutlets, juice
 onions, peppers, in chicken,
 Creole style
 salad

Tomatoes, broiled
 Creole style
 stuffed, baked

Turnips, boiled, creamed, Franconia

Turnip Tops

Tripe, baked, Spanish style

Vanilla (bean)

Veal, loaf, cutlets, roast, fillet

Vegetables, green and relishes in
 potato salad
 macedoine of, in tomato jelly

Vinegar

Walnuts

Water Cress

Watermelon

Wheat, entire grain
 flour
 bran

Whortleberries



SHORTENINGS—ANCIENT AND MODERN.
 AFRICAN SHEA NUT BUTTER, WRAPPED IN LEAVES, AND CRISCO.



R ECIPES

VEGETABLE RECIPES

THINGS TO REMEMBER IN CONNECTION WITH THESE RECIPES

In deep frying, do not wait for Crisco to smoke. Heat Crisco until a crumb of bread becomes golden brown in 60 seconds for raw dough mixtures, as crullers, fritters, etc.; 40 seconds for cooked mixtures, as croquettes, codfish balls, etc.; 20 seconds for French fried potatoes. Seconds may be counted thus: one hundred and one, one hundred and two, etc. The fat may be tested also by dropping into it a little piece of the article to be cooked. When it rises to the top, bubbles vigorously and browns quickly, the fat is hot enough. When fried foods absorb, it is because Crisco is not hot enough, or because you have not used enough Crisco. Use plenty and the raw foods, if added in small quantities, will not reduce the heat of the fat. The absorption in deep Crisco frying should be less than that of another fat.

HASHED BROWN POTATOES

$\frac{1}{3}$ cupful Crisco

6 to 8 cold boiled potatoes

1 teaspoonful salt

$\frac{1}{2}$ teaspoonful pepper

Heat the Crisco in a cast-iron frying pan, put in the potatoes chopped fine, sprinkle over the salt and pepper, mix all together thoroughly while the potatoes are becoming hot; cover and let cook over a moderate fire until the potatoes are browned next the pan. Run a spatula beneath half of the potatoes and turn this half over the other; hold in place while any surplus fat is drained off, then loosen the under side of the potatoes from the pan and turn onto a hot serving dish.

FRIED PARSNIPS

cooked parsnips

salt and pepper

2 tablespoonfuls Crisco

1 egg, beaten light

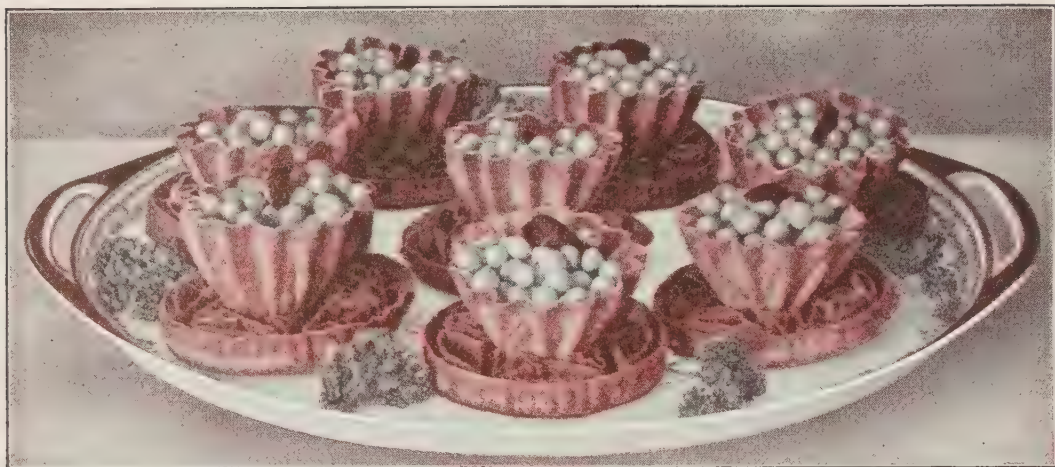
$\frac{1}{2}$ cupful milk

$\frac{3}{4}$ cupful flour

$\frac{1}{4}$ teaspoonful salt

Crisco for frying

Before cooking, pare and scrape the parsnips and cut them in pieces about two and one-half inches long; let cook in boiling water, *without salt*, until tender; drain, sprinkle with salt and pepper, add the Crisco and shake and turn the parsnips in the pan until the Crisco is absorbed. Let stand about half an hour. To the egg, add the milk, and gradually stir into the flour and salt sifted together, let stand half an hour or longer; dip each piece of parsnip into the batter, drain and let cook in hot Crisco until an amber color; drain on soft paper and serve at once. Egg and bread crumbs may replace the batter. The Crisco should brown a crumb of bread in 40 seconds.



GREEN PEAS IN SWEDISH TIMBALE CASES

TIMBALE CASES

$\frac{3}{4}$ cupful flour
 $\frac{1}{4}$ teaspoonful salt
 2 egg yolks
 $\frac{1}{2}$ cupful milk
 Crisco for frying

1 quart green peas, cooked
 tender
 $\frac{1}{4}$ cupful Crisco
 1 teaspoonful salt
 1 teaspoonful sugar

Sift together the flour and salt; beat the yolks, stir in the milk, then very gradually stir into the flour and salt and beat until smooth. The batter may be used at once, but works better after standing half an hour or longer. Heat the timbale iron in the hot Crisco, lift and shake off the Crisco, then dip in the batter to two-thirds its height, return to the Crisco and let cook until crisp looking and of a pale amber color; drain on tissue paper. When ready to use fill with the hot peas seasoned with the Crisco, salt and sugar. When peas are scarce add an equal measure of cream sauce to increase the bulk. Slices or cubes of cooked carrot are good with the peas. Fish and delicate meat in cream sauce are served in timbale cases. Creamed corned beef (in cubes) seasoned with onion and celery is particularly good in these cases. Fat is correct when it browns a crumb in 30 seconds.

BAKED BANANAS

Peel and remove coarse threads from six or eight bananas, melt two tablespoonfuls of Crisco in an agate or glass baking pan, and sprinkle on one-fourth a teaspoonful of salt; set the bananas in the dish, side by side, squeeze over them the juice of a lemon and sprinkle on half a cupful of sugar; let bake from half to a full hour, basting frequently with the syrup in the dish. Serve as an entrée with meats or as a dessert dish.

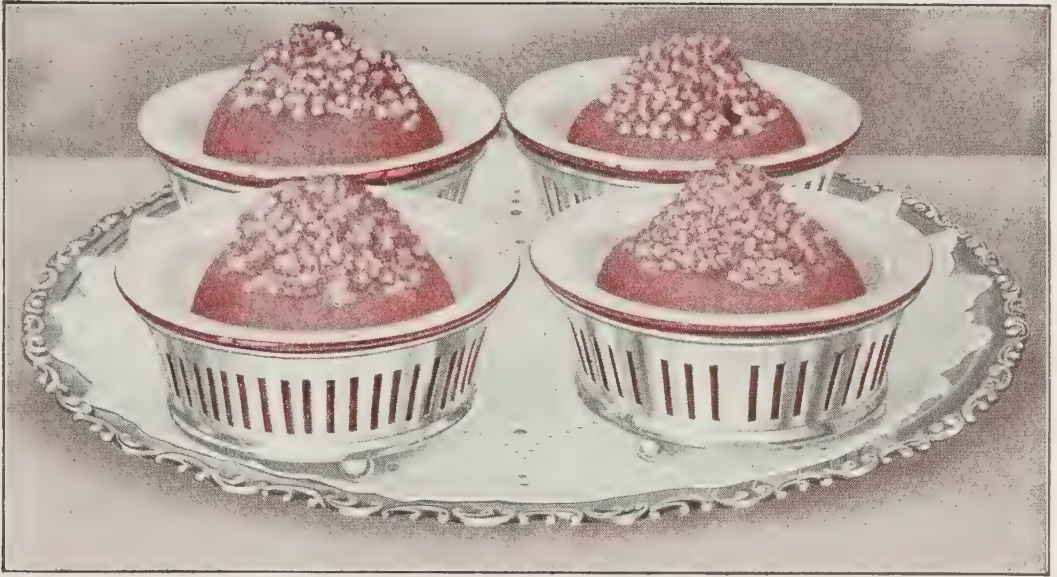
RICE, CREOLE FASHION

$\frac{1}{4}$ cupful Crisco
 $\frac{1}{2}$ teaspoonful salt
 1 cupful blanched rice
 1 onion, chopped

3 cupfuls broth
 1 cupful tomato purée
 2 parsley branches
 1 green pepper, chopped

$\frac{1}{2}$ teaspoonful salt

Melt the Crisco, add the salt, and when heated a little, the rice and onion; stir and cook until the vegetables have yellowed a little and absorbed the Crisco; add the broth (water will do) the purée, parsley, pepper and salt, cover and let cook in the oven until the rice is tender, adding more liquid if needed.



ONIONS STUFFED WITH HAM

- | | |
|------------------------------------|--------------------------------------|
| 8 onions | $\frac{1}{2}$ teaspoonful paprika |
| 1 cupful chopped ham, cooked | $\frac{1}{2}$ teaspoonful salt |
| 1 cupful soft sifted bread crumbs | 1 tablespoonful fine-chopped parsley |
| $\frac{1}{4}$ cupful melted Crisco | 1 cupful milk or broth |

Peel the onions and let cook in boiling water until nearly tender; let cool a little and cut out the centers to leave a thin wall of onion; chop the onion removed and mix with the other ingredients and use to fill the onion cases, rounding the mixture above; more salt may be needed. Pour the broth or milk around the onions set in a baking dish and let cook half an hour or longer in the oven. Serve with or without cream sauce; chopped nut meats may be used in place of the ham.

BALTIMORE SAMP

Baltimore samp is dry kernels of white corn broken into comparatively large pieces. It should be blanched first. To do this, set a cupful of the samp over the fire in a saucepan of cold water and stir while heating to the boiling point; drain, rinse in cold water, then cover with boiling water and let cook very slowly for eight or ten hours. Boiling water should be added as necessary. Thus cooked it will keep several days in a cool place. To serve as a vegetable, reheat in cream or in cream or tomato sauce, adding chopped parsley or grated cheese as desired. To serve as a cereal, reheat in a double boiler with a few spoonfuls of milk or water. Serve with cream and sugar or maple syrup. After the samp is blanched, cover and let cook, on an asbestos mat and it will not stick to the bottom of the dish.

FRIED EGGPLANT, JULIENNE STYLE

Cut a pared eggplant in strips about four inches long and half an inch thick and wide; season with salt and pepper, roll in flour and fry at once in Crisco hot enough to turn a crumb of bread to a golden brown in 20 seconds. The juliennes will cook in about three minutes. Serve with roast beef, veal, lamb or fowl or with broiled meats or chicken.

TOMATO FRITTERS OR CUTLETS

1 can tomatoes	$\frac{1}{2}$ teaspoonful paprika
$\frac{1}{2}$ onion	$\frac{1}{4}$ cupful Crisco
6 cloves	$\frac{1}{2}$ cupful cornstarch
1 tablespoonful sugar	1 egg, beaten light
1 teaspoonful salt	1 egg and sifted bread crumbs

Cook the tomatoes with the onion, cloves, sugar and condiments, twenty minutes uncovered, then press through a sieve. Melt the Crisco, in it cook the cornstarch, then add the tomato pulp and stir until boiling. Remove from the fire and stir in the egg; let cook without boiling, stirring constantly meanwhile, until the egg is set. Pour into a shallow, Criscoed dish, and, when cold, cut or stamp out into cutlet shapes. These may be cut by a paper pattern with a sharp knife. Egg-and-bread crumb and fry in hot Crisco. The Crisco should brown a crumb of bread in 40 seconds.

EGGPLANT, CREOLE STYLE

1 eggplant (medium)	$\frac{3}{4}$ teaspoonful salt
4 tablespoonfuls Crisco	$\frac{1}{2}$ teaspoonful paprika
2 onions	$1\frac{1}{2}$ cupfuls tomato (fresh
1 green pepper } chopped	or canned)
$1\frac{1}{2}$ cupfuls soft bread	$\frac{3}{4}$ cupful cracker crumbs
crumbs	3 tablespoonfuls melted Crisco
	$\frac{1}{4}$ teaspoonful salt

Cut the eggplant in slices; pare, then cut into cubes half an inch in diameter. Pour boiling water over the cubes and let boil until tender, about twenty minutes. Melt the Crisco; in it cook the onions and green pepper until yellowed and softened (do not brown in the least); add the cooked eggplant, drained in a colander, the bread crumbs, salt, paprika and tomatoes and mix thoroughly; add more salt, if needed, and turn into a baking dish suitable for the table; mix the cracker crumbs with the melted Crisco and salt and spread over the top of the mixture. Let cook in the oven about twenty minutes.

DELMONICO POTATOES AU GRATIN

$2\frac{1}{2}$ cupfuls chopped potatoes	$\frac{3}{4}$ cupful cracker crumbs
$\frac{1}{4}$ cupful Crisco	3 tablespoonfuls melted Crisco
$\frac{1}{4}$ cupful flour	$\frac{1}{2}$ to 1 whole cupful grated cheese
$\frac{3}{4}$ teaspoonful salt	1 tablespoonful chopped parsley
2 cupfuls milk	1 tablespoonful onion pulp

Do not chop the potatoes too fine, leave in tangible pieces. Melt the Crisco; in it cook the flour and salt until frothy; add the milk and stir until boiling, then stir in the potatoes and turn into a Criscoed dish. Mix the melted Crisco with the crumbs and spread over the top. Let cook in the oven until the crumbs are browned. For a heartier dish stir the cheese into the sauce before the potatoes. Parsley and onions may be added at pleasure.

SCALLOPED POTATOES WITH PEPPERS AND ONIONS

1 quart sliced potatoes, blanchd	$\frac{1}{2}$ green pepper, chopped fine
1 onion, grated or cut in very thin rings	$\frac{1}{2}$ red pepper, chopped fine
	1 teaspoonful salt
	4 tablespoonfuls Crisco
	milk as needed

Select a baking dish suitable to send to the table; brush the inside with Crisco; in this put a layer of potato slices (these should be cut very thin), sprinkle

with some of all the other ingredients and continue the layers until all are used. Pour in milk to fill to the top of the potato. Let bake two hours or longer, adding milk as needed. When the potatoes are done, there should not be an over-supply of liquid in the dish. Cooked potatoes may be used, when the time of cooking may be reduced to about an hour.

EGGPLANT FRIED IN BATTER

half slices of eggplant	$\frac{3}{4}$ cupful flour
1 egg, beaten light	$\frac{1}{4}$ teaspoonful salt
$\frac{1}{2}$ cupful milk	Crisco for frying

Cut the eggplant in halves, lengthwise, then cut in slices half an inch thick. Pare off the purple skin, sprinkle with salt and pepper and dip, one by one, in the batter. Fry to a golden brown in the hot Crisco. Do not keep the fat at too high a temperature as the vegetable should cook tender before the outside is too dark in color. For the batter, add the milk to the egg and gradually stir into the flour and salt; let stand half an hour or longer before using. The Crisco should brown a crumb of bread in 60 seconds.

POTATO CROQUETTES

1 pint hot mashed potato	10 drops onion juice
2 tablespoonfuls Crisco	1 egg yolk, well beaten
$\frac{2}{3}$ teaspoonful salt	1 egg, well beaten
$\frac{1}{4}$ teaspoonful paprika	4 tablespoonfuls milk
1 tablespoonful fine-chopped parsley	soft sifted bread crumbs
	Crisco for frying

Use a "ricer" to mash the potato; add the seasonings and beat with a slitted wooden spoon; add the yolk and beat again. Roll into balls in the hands, then roll the balls into any desired shape; roll in crumbs then in the egg diluted with the milk, and again in crumbs. Fry in Crisco, hot enough to brown a crumb of bread in 40 seconds.

CREAMED CABBAGE AU GRATIN

Cut a small cabbage in quarters, remove the hard center, cover with boiling water and let cook until tender in an open kettle. Chop the cabbage rather coarse. Melt one-fourth cupful of Crisco; in it cook one-fourth a cupful of flour and half a teaspoonful, each, of salt and paprika; add two cupfuls of milk and stir until boiling. Rub Crisco over an au gratin dish, put in a layer of cabbage, sprinkle lightly with salt, add a layer of the sauce, two tablespoonfuls of grated cheese (more cheese may be used) and so continue the layers until the ingredients are used, having the last layer sauce. Cover with three-fourths cupful of cracker crumbs mixed with one-fourth cupful of melted Crisco and one-fourth teaspoonful of salt. Set into the oven to brown the crumbs. Garnish the dish with hard-cooked eggs sliced thin. The cheese may be omitted and the dish served with hot or cold boiled tongue, ham or corned beef.

LYONNAISE POTATOES

Take half a small peeled onion and chop it very fine. Stir and cook the onion in one or two tablespoonfuls of Crisco until softened and slightly yellowed. Skim the onion from the frying pan. To the Crisco in the pan add two additional tablespoonfuls of Crisco. Turn in a pint of cold, boiled potato, cut in slices between one-fourth and one-half an inch thick; stir and cook until they are browned slightly and very hot, sprinkling meanwhile with half a teaspoonful of salt. Add the cooked onion, toss the onion and potato together thoroughly, and serve on a hot dish.

EGG RECIPES

THINGS TO REMEMBER IN CONNECTION WITH THESE RECIPES

In deep frying, do not wait for Crisco to smoke. Heat Crisco until a crumb of bread becomes golden brown in 60 seconds for raw dough mixtures, as crullers, fritters, etc.; 40 seconds for cooked mixtures, as croquettes, codfish balls, etc.; 20 seconds for French fried potatoes. Seconds may be counted thus: one hundred and one, one hundred and two, etc. The fat may be tested also by dropping into it a little piece of the article to be cooked. When it rises to the top, bubbles vigorously and browns quickly, the fat is hot enough. When fried foods absorb, it is because Crisco is not hot enough, or because you have not used enough Crisco. Use plenty and the raw foods, if added in small quantities, will not reduce the heat of the fat. The absorption in deep Crisco frying should be less than that of another fat.

STUFFED EGGS, FRIED

- | | |
|-----------------------------------------------|---------------------------------------|
| 6 fresh eggs | $\frac{1}{4}$ teaspoonful paprika |
| 4 sardines or anchovies | cream as needed |
| $\frac{1}{4}$ cupful soft sifted bread crumbs | 1 egg, well beaten |
| 2 tablespoonfuls melted Crisco | 3 tablespoonfuls milk |
| salt to taste | soft sifted bread crumbs |
| | Crisco for frying |
| | parsley |
| | $1\frac{1}{2}$ cupfuls salad dressing |

Cover the eggs with boiling water, cover the dish and let stand on the back of the range half an hour, then heat quickly to the boiling point and let boil one minute; remove to cold water, discard the shells, and cut in halves, lengthwise. Press the yolks through a sieve, add the flesh of the sardines, picked fine, the bread crumbs mixed with the Crisco, the seasonings, and cream to hold the mixture together. Use in filling one half of each egg from which the yolks were taken, shaping the mixture like a whole yolk; dip the cut side of the corresponding halves in the beaten egg and press in place to form whole eggs. To the rest of the egg, add the milk; egg-and-crumb the eggs and fry in Crisco hot enough to turn a crumb of bread a golden brown in 40 seconds. Serve in a nest of parsley with Russian salad dressing in a bowl.

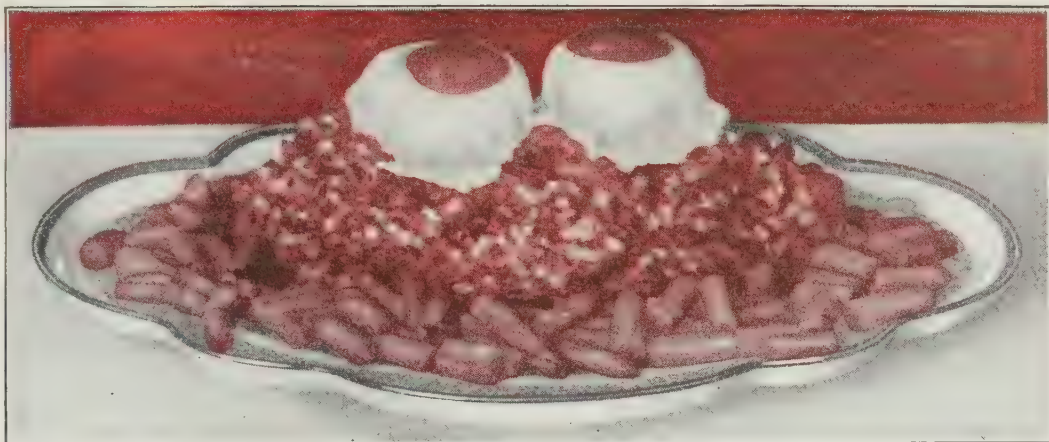
SCOTCH WOODCOCK

- | | |
|------------------------------------|-----------------------------------|
| 2 fresh-boiled duck or fowl livers | $\frac{1}{3}$ teaspoonful salt |
| 2 teaspoonfuls anchovy paste | $\frac{1}{4}$ teaspoonful paprika |
| 1 egg yolk (raw) | 4 slices hot toast |
| 2 tablespoonfuls Crisco | 1 cupful cream |
| | 2 eggs, beaten light |
| | $\frac{1}{4}$ teaspoonful salt |

With a wooden pestle and bowl, pound and rub the livers, paste, egg yolk, Crisco, salt and paprika, to a smooth paste; press through a sieve and spread on the hot toast. Set the toast in the oven. Scald the cream in a double boiler, and very gradually pour it on the eggs and salt, then return to the boiler and stir and cook until the mixture thickens; pour over the toast and serve at once.

FRIED EGGS

Melt about half a cupful of Crisco in a small frying pan; after it has been melted a few minutes (when it will brown a crumb of bread in ninety seconds) add half a teaspoonful of salt and break into it two or three fresh eggs; as soon as the eggs are "set" on the bottom, run a spatula beneath them to detach from the pan, if it is necessary; pour the Crisco over the yolks with a spoon until the egg is as firm as desired; remove with a skimmer to slices of cooked ham or to mounds of mashed or creamed potatoes or slices of toast. If the Crisco be kept at proper temperature, the eggs will look as if poached in water. They are particularly good cooked this way.



FRIED EGGS, LYDIA STYLE

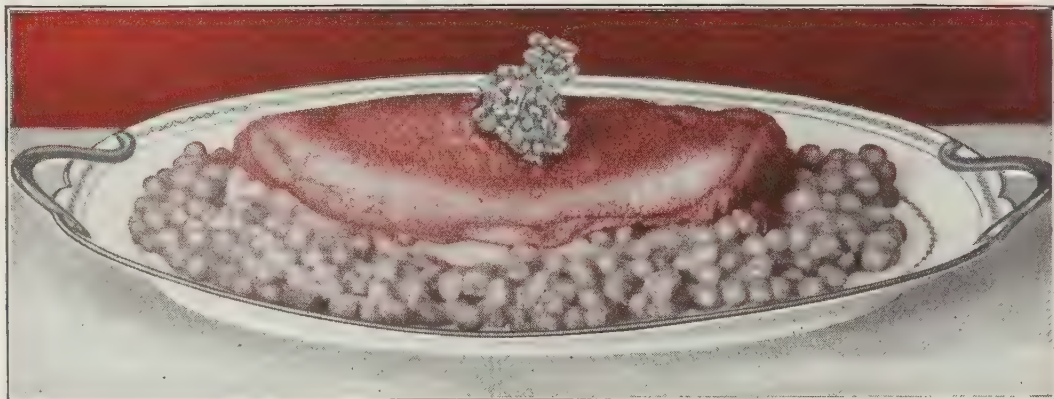
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|--------------------------------|--------------------------------|
| $\frac{1}{2}$ a green pepper | $\frac{1}{4}$ teaspoonful salt |
| 2 cupfuls cold cooked chicken | 4 tablespoonfuls liquid |
| 2 cupfuls cold boiled potatoes | 4 fried eggs |
| $\frac{1}{2}$ teaspoonful salt | 1 cupful white sauce |
| 3 tablespoonfuls Crisco | 1 cupful asparagus tips |

Chop the pepper, chicken and potatoes and mix with the salt. Melt the Crisco, add the salt, then the chopped material and the liquid and mix all together thoroughly; cover and let become very hot, stirring often that it may not crust on the bottom. In the meanwhile, fry the eggs in hot Crisco (see fried eggs) and stir the asparagus tips into a cupful of hot white sauce. Turn the hash upon a hot serving dish, set the eggs above and pour the sauce (see page 44) and asparagus around the hash, or, melt one tablespoonful of Crisco with a scant half teaspoonful of salt, add the hot, cooked asparagus and shake the pan until the Crisco is absorbed then dispose around the hash.

SPANISH OMELET

- | | |
|-------------------------------------------|----------------------------------|
| SAUCE | |
| 2 tablespoonfuls Crisco | 1 tablespoonful capers |
| 1 tablespoonful fine-chopped onion | $\frac{1}{4}$ teaspoonful salt |
| 1 tablespoonful fine-chopped green pepper | $1\frac{1}{2}$ cupfuls tomatoes |
| 1 tablespoonful fine-chopped parsley | OMELET |
| 5 fresh mushrooms | 3 eggs |
| | 3 tablespoonfuls water |
| | $\frac{1}{4}$ teaspoonful pepper |
| | $\frac{1}{3}$ teaspoonful salt |
| | 1 tablespoonful Crisco |

Melt the Crisco; in it cook the onion, pepper and parsley, stirring often until the vegetables are softened; add the mushrooms, broken in pieces or chopped, the capers, salt and tomatoes and let simmer ten or fifteen minutes. They may be prepared in advance and reheated. Beat the eggs with a spoon until a full spoonful may be lifted; add the water, pepper and salt and mix. Melt the Crisco in the frying pan and turn in the egg mixture; shake the pan, tilting it meanwhile to slide the cooked mixture from the bottom of the pan and give place for the uncooked egg on the hot pan. When nearly set throughout, spread some of the tomato-mixture, above the omelet, roll and turn upon a hot dish, pour the rest of the sauce around the omelet and serve at once.



PUFFY GREEN PEA OMELET

- | | |
|----------------------------------|------------------------------------|
| 1 tablespoonful Crisco | 2 tablespoonfuls Crisco |
| 4 egg yolks, beaten very light | 2 tablespoonfuls flour |
| 4 tablespoonfuls cold water | $\frac{1}{3}$ teaspoonful salt |
| $\frac{1}{3}$ teaspoonful salt | $\frac{1}{4}$ teaspoonful pepper |
| $\frac{1}{4}$ teaspoonful pepper | $\frac{3}{4}$ cupful milk |
| 4 egg whites, beaten very light | $1\frac{1}{3}$ cupfuls cooked peas |

Melt the Crisco in the omelet pan; mix the water, salt and pepper into the yolks, fold in the whites and turn into the pan; let the pan stand on the stove about two minutes, then set into the oven to remain until a knife thrust into the center may be removed without uncooked egg clinging to it. Meanwhile melt the two tablespoonfuls of Crisco; in it cook the flour and seasonings; add the milk and stir until boiling, then add the peas. When the omelet is cooked, cut it across the top at right angles to the handle of the pan, spread some of the peas and sauce over the lower half, fold and turn upon a hot dish; pour the rest of the peas and sauce around the omelet and serve at once. Asparagus, cut in half-inch pieces, chicken, cooked oysters, cubes of ham or bacon, bits of macaroni or spaghetti may replace the peas, and brown or tomato sauce the white sauce.

EGGS, WITH SPINACH AND CHEESE

Heat chopped spinach (left over) with a little melted Crisco or a few tablespoonfuls of cream sauce, white broth or cream. Spread a thin layer of the spinach in Criscoed ramekins and sprinkle with a little grated cheese; break fresh eggs into the dishes, season with a little salt and pepper, cover with a little of the spinach, sprinkle on a teaspoonful of grated cheese and let cook in a very moderate oven from five to eight minutes.

LENTEN LUNCHEON DISH

- | | |
|--------------------------------|----------------------------------|
| 5 hard-cooked eggs | $\frac{1}{4}$ teaspoonful pepper |
| 5 cold boiled potatoes | 2 cupfuls milk |
| $\frac{1}{2}$ raw onion | $\frac{1}{2}$ cupful cracker |
| $\frac{1}{4}$ cupful Crisco | crumbs |
| $\frac{1}{4}$ cupful flour | 3 tablespoonfuls melt- |
| $\frac{1}{3}$ teaspoonful salt | ed Crisco |

Cut the potatoes and eggs in slices one-fourth an inch thick. Melt the Crisco; in it cook the flour and seasonings; add the milk and stir until boiling. Put

the eggs and potatoes in a Criscoed baking dish in alternate layers, scraping on each a little onion juice and pulp and covering with sauce. Have the last layer sauce. Mix the crumbs with the melted Crisco and spread over the top. Set into the oven to make very hot and brown the crumbs.

BEAUREGARD EGGS

4 hard-cooked eggs	$\frac{1}{4}$ teaspoonful pepper
2 tablespoonfuls Crisco	1 cupful milk
2 tablespoonfuls flour	toast
$\frac{1}{3}$ teaspoonful salt	parsley

Separate the whites and yolks of the eggs and chop the whites and keep the yolks hot over boiling water. Melt the Crisco; in it cook the flour, salt and pepper; add the milk and stir until boiling; add the whites of eggs. The bread for the toast should be in finger-length strips, cut to a point at one end and trimmed a little from the sides at the other end to fit around a round center, the whole to simulate a daisy. Dip the edges of the toast lightly in boiling salted water and set around the round of toast as a center; spread all with the whites in the sauce, then sift the yolks over the round in the center; set sprigs of parsley between the points on the edge and serve at once.

VENETIAN EGGS

1 tablespoonful Crisco	$\frac{1}{2}$ teaspoonful paprika
1 tablespoonful chopped onion	3 tablespoonfuls cheese, grated or cut fine
$\frac{1}{2}$ can choice tomatoes	3 unbeaten eggs
1 teaspoonful salt	toast

Melt the Crisco in a white-lined dish or flat double boiler; add the onion, stir until yellowed and softened; add the tomatoes and seasonings and stir until boiling throughout; set the pan over boiling water, add the cheese and the eggs and stir constantly until the eggs are cooked. Serve on toast.

MEAT RECIPES

THINGS TO REMEMBER IN CONNECTION WITH THESE RECIPES

In deep frying, do not wait for Crisco to smoke. Heat Crisco until a crumb of bread becomes golden brown in 60 seconds for raw dough mixtures, as crullers, fritters, etc.; 40 seconds for cooked mixtures, as croquettes, codfish balls, etc.; 20 seconds for French fried potatoes. Seconds may be counted thus: one hundred and one, one hundred and two, etc. The fat may be tested also by dropping into it a little piece of the article to be cooked. When it rises to the top, bubbles vigorously and browns quickly, the fat is hot enough. When fried foods absorb, it is because Crisco is not hot enough, or because you have not used enough Crisco. Use plenty and the raw foods, if added in small quantities, will not reduce the heat of the fat. The absorption in deep Crisco frying should be less than that of another fat.

CHICKEN, CREOLE STYLE

3 tablespoonfuls Crisco	$\frac{3}{4}$ teaspoonful salt
1 tablespoonful chopped onion	1 cupful chicken broth
2 tablespoonfuls chopped green pepper	1 cupful tomato purée
3 tablespoonfuls flour	1 teaspoonful grated horseradish
	1 teaspoonful lemon juice
	$1\frac{1}{2}$ cupfuls cubes cooked chicken

Melt the Crisco; in it cook the onion and pepper until softened; add the flour and salt and cook until frothy; add the broth and purée and stir until boiling;

add the other ingredients and let become very hot. Serve with toast or plain boiled rice. For tomato purée, press cooked tomatoes through a sieve fine enough to keep back the seeds.

CREAM OR BÉCHAMEL SAUCE

3 tablespoonfuls Crisco	1 cupful chicken broth
3 tablespoonfuls flour	$\frac{1}{2}$ cupful cream or
$\frac{1}{2}$ teaspoonful salt	$1\frac{1}{2}$ cupfuls milk
$\frac{1}{4}$ teaspoonful pepper	

Melt the Crisco, in it cook the flour, salt and pepper, add the cold liquid and stir constantly until boiling. This is a standard cream sauce.

CHICKEN, FRIED IN BATTER

Separate a chicken at the joints, wash and set to cook in boiling water; let boil five minutes, then let simmer until tender. Remove the pieces of chicken from the broth, let drain a few moments, then dip in fritter batter and fry in Crisco. The Crisco should brown a crumb of bread in forty seconds. Dispose on a serving dish, surround with groups of cooked asparagus and serve a yellow sauce in a bowl.

YELLOW SAUCE FOR FRIED CHICKEN

$\frac{1}{4}$ cupful Crisco	$1\frac{1}{2}$ cupfuls chicken broth
$\frac{1}{4}$ cupful flour	2 egg yolks
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{2}$ cupful cream
$\frac{1}{4}$ teaspoonful black pepper	1 teaspoonful lemon juice

Melt the Crisco; in it cook the flour, salt and pepper; add the chicken broth and stir until boiling; beat the yolks, add the cream and stir into the sauce (do not let boil again); add the lemon juice.

FRITTER BATTER FOR FRIED CHICKEN

1 egg, beaten light	$\frac{3}{4}$ cupful flour
$\frac{1}{2}$ cupful milk	$\frac{1}{4}$ teaspoonful salt
$\frac{1}{4}$ teaspoonful black pepper	

Add the milk to the egg and gradually stir into the flour sifted with the salt and pepper.

CHICKEN CROQUETTES, WITH BROILED TOMATOES

$\frac{1}{3}$ cupful Crisco	$\frac{1}{2}$ teaspoonful paprika
1 slice onion	1 cupful chicken stock
2 slices carrot	$\frac{1}{3}$ cupful cream
$\frac{1}{2}$ cupful flour	1 egg, beaten light
$\frac{1}{2}$ teaspoonful salt	$1\frac{1}{2}$ cupfuls chicken, in tiny cubes

Cook the vegetables in the Crisco until yellowed, then add the flour and seasonings and stir and cook until frothy; add the liquid and stir until boiling, then add the egg and let cook without boiling; when the egg is "set," add the chicken that has been cut in tangible pieces.—not chopped. Shape in balls. Egg-and-bread crumb and fry as usual. Have ready halves of tomatoes, brushed over with Crisco and broiled, one for each croquette. Set the croquettes upon the tomatoes, pour a white or béchamel sauce around them, and serve at once. The recipe makes six or eight croquettes.



CHICKEN SALAD ÉCLAIRS

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|--------------------------------|--------------------------------------|
| $\frac{1}{2}$ cupful Crisco | 12 blanchéd almonds, |
| 1 cupful boiling water | chopped |
| $\frac{1}{2}$ teaspoonful salt | 2 cupfuls chicken cubes |
| 1 cupful flour | $1\frac{1}{2}$ cupfuls sliced celery |
| 3 large eggs | salad dressing |

Set a saucepan containing the Crisco, water and salt over the fire; when the mixture boils sift in the flour and beat vigorously. When the mixture separates from the sides of the pan, turn into a bowl and beat in the eggs, one at a time, and very thoroughly. Shape the paste, on a Criscoed baking sheet, in strips about three inches long and an inch wide, brush over with beaten egg and sprinkle with the chopped nuts. Bake about twenty-five minutes. When cold and ready to serve fill with the chicken and celery mixed with the salad dressing. These are particularly appropriate for the main dish of the menu at card parties or evening companies.

CHICKEN GUMBO (STEW)

- | | |
|----------------------------|------------------------------|
| 3 tablespoonfuls Crisco | 1 teaspoonful salt |
| 4 ounces ham | 1 quart boiling water |
| 1 fowl | $\frac{1}{2}$ pod red pepper |
| 1 onion, sliced | 2 sprigs thyme |
| 1 quart green okra pods | 3 or 4 tomatoes |
| $\frac{1}{3}$ cupful flour | salt to season |

boiled rice

Melt the Crisco, in it cook the ham cut in bits and the fowl, separated at the joints into pieces for serving, until lightly browned; if the pieces of fowl be rolled in flour, they will brown more quickly; add Crisco as is needed and cook with care that neither fowl nor Crisco be browned too much. Remove the chicken and ham to an agate or white-lined saucepan as they are browned; cook the onion and okra after the chicken and when yellowed a little, add to the fowl in the saucepan; add more Crisco to the frying pan, if needed, and when hot stir in the flour and salt; stir until frothy, add a little cold water (about one cupful) and stir until boiling, then add a quart of boiling water and let boil five or six minutes; pour over the fowl, add water just to cover the fowl, also the pepper, thyme and tomatoes, skinned and cut in pieces; let simmer, covered, until the fowl is tender, adding boiling water if needed to keep the fowl covered. Add salt to taste before serving. At serving, put a generous spoonful of boiled rice in each plate.

LOIN OF VEAL STUFFED AND ROASTED

Have ready a loin of veal with flank end trimmed to the length needed to enclose the dressing. Season the inside of the meat with salt and pepper, set the dressing close to the tenderloin, draw the flank end over it and fasten securely by tying around it several pieces of tape or narrow strips of cotton cloth. Melt half a cupful of Crisco in half a cupful of salted water and use to baste the meat. Let cook three hours or longer. After the removal of the meat, make a brown sauce in the baking pan.

CHESTNUT STUFFING FOR VEAL

Shell and blanch twenty-four large chestnuts, let cook until tender in boiling water, drain and press through a sieve; add two cupfuls of soft bread crumbs, two-thirds a cupful of melted Crisco, a teaspoonful of salt, half a teaspoonful of black pepper and a teaspoonful of powdered thyme, and mix all together.

ROUND STEAK, ITALIAN STYLE

2 pounds round steak	1 onion, sliced
2 ounces of fat from edge of steak	$\frac{1}{4}$ clove garlic, crushed
$\frac{1}{4}$ cupful soft, fine bread crumbs	1 green pepper, sliced
1 teaspoonful salt	2 cloves
$\frac{1}{8}$ teaspoonful pepper	1 teaspoonful salt
1 tablespoonful scraped onion	2 tablespoonfuls Crisco
1 egg, well beaten	$\frac{2}{3}$ package macaroni or spaghetti
1 can tomatoes	cheese to taste
1 cupful water	

Chop the meat with fat in the food chopper; add the crumbs, salt, pepper, onion and egg and mix together thoroughly; shape into balls the size of an egg. Cook the tomatoes, water, sliced onion, garlic, green pepper, cloves, salt and Crisco half an hour, then press through a sieve. Return to the fire in an agate dish or casserole and when boiling lay in the meat balls, cover and let simmer about one hour. Meanwhile cook the macaroni or spaghetti in rapidly boiling, salted water until tender; drain and rinse in cold water. Lift the meat balls to the center of a large serving dish, surround them with the macaroni, pour the sauce over the whole, sprinkle with grated cheese and set a green pepper cut in thin slices on the edge of the dish. Will serve six to eight people.

HAM TIMBALES

2 eggs, beaten light	$\frac{1}{2}$ teaspoonful paprika
$1\frac{1}{2}$ cupfuls milk	WHITE SAUCE
1 cupful chopped ham	$\frac{1}{4}$ cupful Crisco
(cold cooked)	$\frac{1}{4}$ cupful flour
$\frac{1}{4}$ cupful soft sifted bread crumbs	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{2}$ teaspoonful pepper
	2 cupfuls milk

Add the milk to the eggs and gradually stir into the ham, bread crumbs and seasoning. Turn into Criscoed timbale molds; set these on folds of cloth or paper in a baking pan, surround with boiling water, and let cook until firm but without boiling the water. While these are cooking, melt the Crisco; in it cook the flour, salt and pepper and stir until frothy; add the milk and stir until boiling. Green peas (cooked) or asparagus tips may be stirred into the sauce. When the timbales are unmolded, pour the sauce around them.



SPANISH VEAL BALLS EN CASSEROLE

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|----------------------------------|--------------------------|
| 1½ pounds veal cutlets | Crisco for browning meat |
| 3 tablespoonfuls softened Crisco | and vegetables |
| ⅓ cupful soft, sifted bread | 4 onions, peeled |
| crumbs | 16 potato balls |
| 1 egg, well beaten | a green or red pepper |
| ¾ teaspoonful salt | 1½ cupfuls cooked tomato |
| ⅓ teaspoonful paprika | ½ cupful broth |
| 1 teaspoonful chopped parsley | ½ teaspoonful salt |

Pass the veal from which all unedible portions have been taken through a food chopper; add the Crisco, crumbs, egg, salt, paprika and parsley and mix thoroughly; then shape into balls in the hands, roll these in flour, and let cook in 3 tablespoonfuls of Crisco melted in a frying pan, turning as needed, until browned a little on all sides; then as browned, transfer to the casserole. Par-boil the onions five minutes, drain, dry on a cloth, brown in the hot Crisco and add to the casserole. Use a French potato-ball cutter to cut the balls from pared potatoes, or cut them as for French fried potatoes; parboil five minutes, drain, dry, brown in the hot Crisco and add to the casserole with the pepper cut in shreds, and the tomato and broth heated to the boiling point; add the salt; cover the dish and let cook in the oven about one hour and a half. Serve from the dish.

TENDERLOIN CUTLETS, POJARSKI STYLE

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| 1 pound beef tenderloin | ½ teaspoonful black pepper |
| ½ pound veal steak | ½ cupful rich cream |
| ½ cupful cooked ham | soft, sifted bread crumbs |
| ½ cupful Crisco | 1 egg, beaten slightly |
| 1 teaspoonful salt | Crisco for frying |

Press the beef, veal and ham through the food chopper together; the meat is weighed after all refuse has been removed. Cream the Crisco with the salt and pepper, then gradually work with a wooden spoon into the meat; when thoroughly blended, gradually work in the cream. Divide the mixture into eight or ten portions, roll each into a compact ball, then flatten and press with the

fingers into cutlet shapes; roll in crumbs, cover with egg and again pat in the crumbs; let stand a short time, remove superfluous crumbs and fry in hot Crisco, or sauté in the frying pan, first on one side and then on the other, in hot Crisco. Serve hot with string beans, asparagus tips or spaghetti cooked with tomato.

SHEPHERD'S PIE

Put cooked meat in thin slices, small cubes, or fine-chopped, into a Criscoed baking dish, and add stock or sauce to moisten, also such seasoning as is desired. Celery salt is appropriate for chicken, a little chopped mint or a few capers with lamb, and Worcestershire sauce with beef. Onion juice is good with any variety of meat, and salt is needed with all. Have ready enough mashed potato well prepared and seasoned, to cover the top of the dish to the depth of half an inch or more. Brush over the top with beaten egg, or sprinkle with Criscoed cracker crumbs. Set into the oven to become very hot and brown the crumbs. The dish may be made with cold ingredients, but it is at its best when the sauce or stock and the potato are hot. Then let stand in a hot oven only long enough to brown the top.

VEAL OR LAMB HEARTS, STUFFED

Wash and cleanse the hearts. Wipe dry, and fill the cavities with bread dressing. Draw the sides together at the top with a needle threaded with twine to hold in the dressing. Set on a rack in a steam kettle and cook about three hours; remove to a baking pan, dredge with salt, pepper and flour and cook in the oven about half an hour, basting three or four times with three tablespoonfuls of Crisco melted with one-fourth teaspoonful of salt.

BREAD DRESSING FOR HEARTS

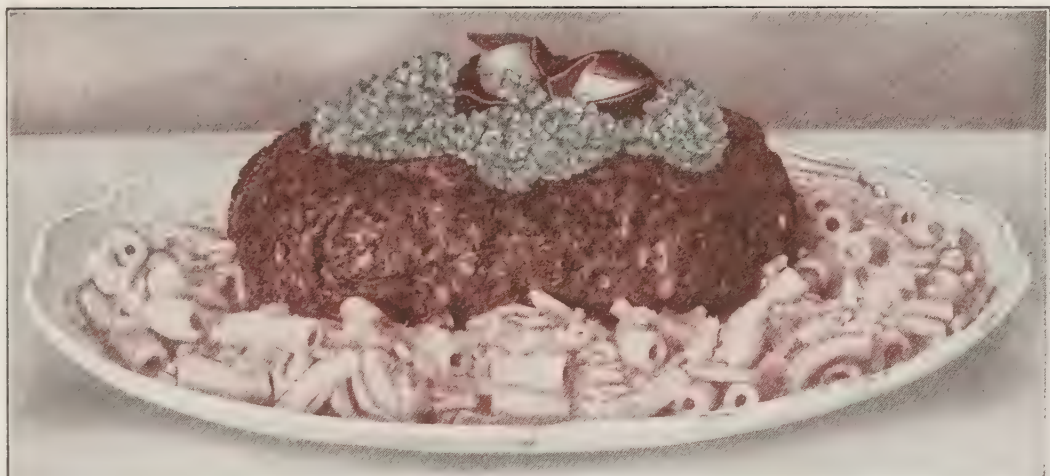
1 cupful soft bread crumbs	$\frac{1}{4}$ teaspoonful black pepper
$\frac{1}{4}$ cupful melted Crisco	$\frac{1}{2}$ teaspoonful onion juice
$\frac{1}{4}$ teaspoonful salt	1 teaspoonful chopped parsley

SCALLOPED CHICKEN AND GREEN CORN

Use remnants of chicken from a roast or boiled fowl. Free the meat from skin, bone and unedible portions. For each cupful and one-fourth of meat take one cupful of fresh corn pulp and one cupful of cream sauce. Mix the chicken with the sauce, then dispose in layers in a baking dish or in individual dishes, a layer of chicken in sauce and a layer of corn pulp. Cover with one cupful of cracker crumbs mixed with one-fourth cupful of melted Crisco and one-fourth teaspoonful of salt; let cook about ten minutes, or until hot throughout and the crumbs are browned.

SLICED HAM EN CASSEROLE

Have the ham cut in slices about half an inch thick; remove "rind" if present and let cook in an iron frying pan until browned on one side, then turn to brown the other side. Set the browned ham in the casserole. For two slices leave about one-fourth cupful of Crisco in the frying pan; add one-fourth cupful of flour and stir until frothy, then add nearly two cupfuls of beef or veal broth or cold water and stir constantly until boiling; turn the sauce over the ham in the casserole, reheat to the boiling point, cover, then let cook in a slack oven or on the back of the range an hour and a half or longer. For variety, occasionally use no flour or broth but heat a pint of milk in the frying pan, that it may take up the browned juices of the ham adhering to the pan, and pour this over the ham.



HAMBURG ROAST WITH MACARONI

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|--------------------------------------|---------------------------------------------|
| 2 pounds lean beef from top of round | 3 tablespoonfuls Crisco |
| 1 tablespoonful fine-chopped parsley | 1 teaspoonful scraped onion |
| 1 teaspoonful salt | 1 egg, beaten light |
| | $\frac{1}{3}$ cupful fine soft bread crumbs |
| $\frac{1}{4}$ teaspoonful pepper | |

Pass the meat through the food chopper two or three times, work in the other ingredients, and when thoroughly mixed shape into a loaf of uniform thickness throughout. Set into a Criscoed pan, bake about half an hour, basting three or four times with hot Crisco. When the meat is done, pour the fat from the pan, add half a cupful of boiling water and let simmer to absorb the browned meat juice in the pan. Heat three tablespoonfuls of the fat, in it cook three tablespoonfuls of flour, half a teaspoonful of salt and one-fourth a teaspoonful of pepper; add one cupful of cooked tomatoes pressed through a sieve (before measuring) and the liquid from the baking pan, stir until boiling; add a tablespoonful of tomato or mushroom catsup and three-fourths a cupful of macaroni cooked tender in boiling salted water, drained and rinsed in cold water. When very hot, turn around the meat and sprinkle with half a cupful of grated cheese.

POT ROAST OF BEEF

Four or five pounds of beef, in a thick piece, from the chuck, the vein or the round should be selected for this dish. Many prefer meat from the vein or round as it is solid flesh, but a piece from the chuck, as fat alternates with lean meat, will be quite as satisfactory. Roll the meat on three sides in flour. Have ready some hot Crisco in a frying pan. Brown the meat in the Crisco on one side, then turn and brown the other sides, one after another. An onion cut in rings may be cooked in the Crisco until yellowed and removed before the meat is set to brown. When the meat is well browned, set it into an iron saucepan; add about one cupful of boiling water and let cook about six hours at a gentle simmer; add boiling water as needed and turn the meat occasionally. When the meat is tender, remove to a serving dish and thicken the liquid with two tablespoonfuls of flour smoothed in a little cold water. Season the sauce with salt and pepper. Serve, at the same time, potatoes and any of the winter vegetables.

CORNERD BEEF HASH, WITH BANANAS

Chop fine an equal quantity of cold corned beef and potatoes. A small portion of the beef should be tender fat. Heat two or three tablespoonfuls of Crisco in the frying pan; turn in the chopped material and add a few tablespoonfuls of broth and a dash of paprika; mix all together thoroughly, then cover and let stand until very hot. Do not let the hash brown next the pan, stir occasionally. Turn on a hot serving dish, pour a ring of tomato catsup on the platter around the hash, and serve at the same time baked bananas.

BAKED BANANAS FOR HASH

Take one banana for each person to be served. Remove the pulp from the skins and scrape off all threads; melt two or more tablespoonfuls of Crisco on a baking dish; and add one-fourth a teaspoonful of salt; cut the bananas in halves, crosswise, roll them in the Crisco to coat them thoroughly, then let bake without browning the Crisco in the dish; baste with the Crisco occasionally while baking. The bananas will be tender in from ten to fifteen minutes and lightly browned on the outside.

VEAL, LAMB OR CHICKEN SOUFFLÉ

2 tablespoonfuls Crisco		3 eggs, beaten separately
2 tablespoonfuls flour		
$\frac{1}{2}$ teaspoonful salt		
$\frac{1}{2}$ teaspoonful pepper		
2 cupfuls broth or milk	at discretion	1 tablespoonful chopped parsley
or part of each		$\frac{1}{2}$ teaspoonful celery salt
$\frac{1}{2}$ cupful soft fine bread crumbs		1 teaspoonful onion juice
2 cupfuls chopped meat		

Melt the Crisco; in it cook the flour, salt and pepper; add the liquid and stir until boiling; add the crumbs and meat, fold in the yolks, then the whites and turn into a Criscoed baking and serving dish; surround the dish with boiling water and let cook without boiling the water until well puffed and firm in the center. Serve from the baking dish; pass mushroom or other sauce with the soufflé.

MUSHROOM SAUCE

$\frac{1}{4}$ cupful Crisco	$1\frac{1}{2}$ cupfuls highly flavored brown stock or broth
$\frac{1}{4}$ cupful flour	
$\frac{3}{4}$ teaspoonful salt	$\frac{1}{2}$ cupful cream
$\frac{1}{4}$ teaspoonful pepper	1 cupful canned mushrooms cut in halves

Melt the Crisco; in it cook the flour, salt and pepper; add the broth and cream and stir until boiling, then add the mushrooms and serve.

HOT HAM SANDWICHES

6 slices bread	chopped ham
$\frac{1}{2}$ cupful Crisco	1 egg, beaten light
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{2}$ cupful milk
$\frac{1}{2}$ teaspoonful mixed mustard	$\frac{1}{4}$ teaspoonful salt
	Crisco for frying

Cut the slices of bread one-third an inch thick, cut the slices in halves and remove crusts; cream the Crisco, beat in the salt and mustard and use to spread the bread rather lightly, then spread half the slices with the ham, and press



GREEN PEPPERS, STUFFED AND BAKED

8 green peppers	2 tablespoonfuls Crisco
$\frac{1}{2}$ cupful rice, blanched	1 small onion
1 cupful broth	3 branches parsley
$\frac{1}{2}$ cupful thick tomato purée	3 mushrooms, if desired
$\frac{1}{2}$ teaspoonful salt	1 cupful cooked ham, chopped
$\frac{1}{2}$ teaspoonful salt	

Trim off one end of the peppers, that they may stand level and form cups. Sometimes better shapes can be secured by cutting the peppers in halves, lengthwise, to form two receptacles from one pepper. Discard the seeds, par-boil in boiling water ten minutes, wipe and, when filled, set into a baking dish, add a little boiling broth or water, and let cook in the oven about ten minutes or until very hot throughout. Serve from the baking dish. To prepare the filling, heat the broth, tomato and salt to the boiling point, add the rice and set to cook in a double boiler. Melt the Crisco, in it stir and cook the chopped vegetables until softened somewhat, then add to the rice to cook until the rice is tender. Add the ham and more salt if needed and use as above. Tomato or cream sauce may be poured around the peppers before serving.



INDIVIDUAL CHICKEN SHORTCAKES

2 cupfuls pastry flour	$\frac{1}{4}$ cupful Crisco
4 level teaspoonfuls baking powder	$\frac{1}{4}$ cupful flour
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{4}$ to $\frac{1}{3}$ cupful Crisco	$\frac{1}{4}$ teaspoonful pepper
$\frac{2}{3}$ cupful milk (about)	2 cupfuls chicken broth
	2 cupfuls cooked chicken (in cubes)

Make biscuit of the ingredients in the first column, cut them about three inches in diameter. Melt the Crisco; in it cook the flour and seasonings; add the broth, stir until boiling and add the chicken. Split the biscuit, spread with butter and dispose chicken in sauce over the lower halves of the biscuits; set the other halves above, and pour over the rest of the chicken.

two pieces together, sandwich fashion. Add the milk and salt to the egg and mix thoroughly; in this dip the sandwiches, first on one side and then on the other. Melt Crisco in a frying pan, in it cook the sandwiches till brown on one side, then turn to brown the other side.

FRICASSEE OF POULTRY WINGS, PRINCESSE

This dish is recommended, particularly, for service in places where quite a large number of roasted fowl are carved before they are sent to the table. The roasted wings are undesirable portions, but cooked after this recipe they are delicious.

8 chicken wings	1 cupful thin cream
4 tablespoonfuls flour	1 cupful chicken broth
4 tablespoonfuls Crisco	yolk 1 or more eggs
$\frac{3}{4}$ teaspoonful salt	2 tablespoonfuls cream
$\frac{1}{2}$ teaspoonful pepper	1 cupful rice, boiled dry

1 pint cooked peas

Cover the wings with boiling water and let simmer until tender. The water should be reduced to little more than a cupful. Make a sauce of the flour, Crisco, salt, pepper, cream and broth. Let the wings stand in the sauce over hot water, close covered, for some time. Add the yolks, beaten and mixed with the cream. Dispose the rice in a mound in the center of a dish (or in the same way on individual plates). Set the wings on the rice, and pour over a part of the sauce. Turn the peas around the rice. Serve the rest of the sauce in a bowl.

BROWN FRICASSEE OF VEAL

Cut a slice of veal from the leg into pieces for serving. Pound them with a "meat tenderer," or with the flat side of a cleaver, to reduce the thickness about one-half. Melt one-fourth a cupful of Crisco in a frying pan; roll the pieces of veal in flour, then let cook in the hot Crisco until browned on one side, then turn to brown the other side. When browned remove to a casserole; pour broth or hot water into the frying pan, and let boil until the browned juices are removed from the surface of the pan, then pour the liquid into the casserole. Add salt and pepper as needed. Cover and let cook in a very moderate oven an hour or longer. Serve from the casserole. Tomato purée (see page 90) may be added. If a thicker sauce is preferred, add with the veal, one-fourth a cupful of flour stirred with a little cold water.

FRIED CHICKEN, MARYLAND STYLE

Singe and clean, then separate a young chicken weighing about two pounds and a half into pieces at the joints; divide the breast and the back to make with the others about twelve pieces in all; roll these lightly in flour, seasoned with salt and pepper, then in a beaten egg, diluted with two or three tablespoonfuls of milk or water, and then in sifted bread crumbs. Melt a cupful of Crisco in a frying pan, put in the prepared chicken and let cook very slowly about one hour, turning the pieces as needed to cook all sides evenly. If the chicken be cooked too fast, it will be dry and too brown. When the chicken is cooked, pour off the Crisco, leaving about three tablespoonfuls in the pan; to this add three tablespoonfuls of flour, half a teaspoonful of salt and a little pepper; stir and cook until frothy, then add one cupful and a half of cream, and cook and stir until boiling. Dispose the chicken on a hot serving dish and surround it with corn-and-oyster fritters. Serve the sauce in a sauce boat.

CORN-AND-OYSTER FRITTERS

1 cupful corn pulp	$\frac{1}{3}$ cupful milk
1 egg, beaten light	1 tablespoonful melted Crisco
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{2}$ cupful pastry flour
$\frac{1}{2}$ teaspoonful black pepper	$\frac{1}{2}$ teaspoonful baking powder
1 cupful oysters	

With a sharp knife, score the rows of kernels lengthwise, on the ears of corn, and with the back of the knife, press out the pulp; add the other ingredients (save the oysters) in the order enumerated and mix thoroughly. Heat the oysters to the boiling point, drain and dry on a cloth. Take up a little batter in a tablespoon, lay on an oyster, cover with batter and drop into hot Crisco. Proceed until the frying pan is filled. Let cook until browned on one side, then turn to brown the other side.

VEAL OYSTERS COOKED IN MILK

1 large slice veal from the round	cracker crumbs
1 egg	salt and pepper
4 tablespoonfuls milk	Crisco
	milk as needed

Cut the veal into pieces the size of a large oyster. Beat the egg and add the four tablespoonfuls of milk. Dip the veal in the egg and milk, then roll in cracker crumbs seasoned with salt and pepper. Melt Crisco in a frying pan, and in it cook the veal until well-browned, then turn to brown the other side. Add milk to cover the meat completely, cover the dish and let cook in a very moderate oven about an hour, then uncover and let cook fifteen minutes.

HASHED LAMB, PROVENÇALE

1 onion, chopped	$\frac{1}{2}$ teaspoonful pepper
4 tablespoonfuls Crisco	$\frac{1}{2}$ cupful tomato purée
1 cupful fresh mushrooms, peeled and broken in pieces	1 cupful rich stock
$\frac{1}{4}$ cupful flour	2 cupfuls cold roast lamb, chopped
$\frac{1}{2}$ teaspoonful salt	4 or 6 rounds toast
	4 or 6 halves tomatoes, broiled
	2 tablespoonfuls Crisco

Cook the onion and mushrooms in the Crisco—the mushrooms may be omitted—add the flour, salt and pepper and cook until frothy; add the purée and stock, stir until boiling, then add the meat. Dispose on the toast and set the halves of tomato above. To cook the tomato, dip each slice in melted Crisco mixed with a little salt, then roll in soft bread crumbs. Let cook in the oven in the dish in which the Crisco was melted. Lift the tomato to the meat with a broad spatula. For tomato purée see bottom of page 90.

VEAL CUTLETS, POJARSKI STYLE

1 pound chopped raw veal	$\frac{1}{4}$ teaspoonful grated nutmeg
$\frac{1}{2}$ cupful Crisco	1 egg, well beaten
$\frac{3}{4}$ teaspoonful salt	2 tablespoonfuls water or milk
$\frac{1}{4}$ cupful thick cream	soft, sifted bread crumbs
$\frac{1}{2}$ teaspoonful paprika	Crisco for frying

Purchase nearly one pound and a half of veal steak and discard everything but clear meat; press this through a food chopper, then pound with a pestle in a wooden bowl to a smooth pulp; pound and work in the Crisco, salt, cream

and seasonings until the whole mixture is a smooth and evenly blended mass; let chill *a little*; then wet the hands in cold water and form into cutlet-shapes. Make the shapes thin, as the mixture contracts and puffs in cooking. Mix the egg with the water, cover the cutlets with crumbs, then with egg, and roll again in the crumbs. Fry in deep fat about six minutes. The fat should not be too hot or the cutlets will be browned before they are cooked through. Let the fat be hot enough to brown a crumb of soft bread in sixty seconds. Serve with tomato sauce (see page 83) and green peas or asparagus. Raw chicken, ham or fish may be cooked in the same way.

GREEN STUFFING FOR FISH, VEAL OR FOWL

2½ cupfuls soft bread crumbs	½ teaspoonful crushed thyme or marjoram
½ cupful melted Crisco	¾ teaspoonful salt
3 tablespoonfuls fine- chopped parsley	2 tablespoonfuls fine-chopped green pepper
1 tablespoonful scraped onion pulp	

Mix all together thoroughly, omitting the onion if desired. This makes a light, crumbly stuffing. Moisture, as egg or broth, will make a more solid mixture but not as wholesome a stuffing.

YORK HAM

Scrub the ham and cut off discolored portions; if salt, soak in cold water overnight. Set to cook in plenty of cold water, adding to it an onion, a carrot, and part of a bay leaf. Let boil ten minutes, then simmer until nearly tender. Remove to the rack in a baking pan, fat side uppermost; remove the skin, pour over a pint of hot cider, a cupful of rich, highly-seasoned beef broth and one-third a cupful of sugar. Baste the ham each ten minutes with the liquid in the pan and let cook until the ham is well-glazed. Serve hot with a sauce made of the liquid in the pan.

BREAD RECIPES

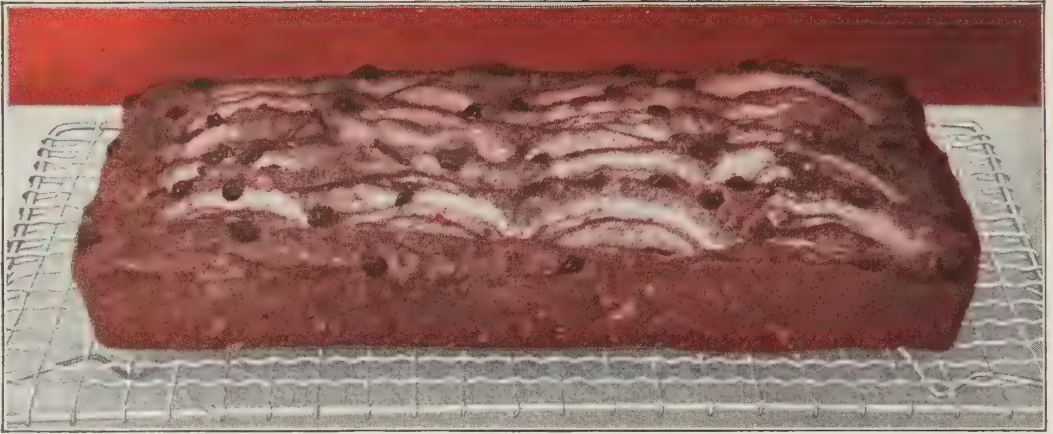
In recipes in which yeast is employed the proportions of flour indicated are for bread flour; in all other recipes use pastry flour.

WHITE BREAD QUICK METHOD

2 cakes Fleischmann's yeast	2 tablespoonfuls Crisco
1 quart lukewarm water	3 quarts sifted flour
2 tablespoonfuls sugar	1 tablespoonful salt

Dissolve yeast and sugar in lukewarm water, add Crisco and half the flour. Beat until smooth, then add salt and balance of the flour, or enough to make dough that can be handled. Knead until smooth and elastic. Place in Criscoed bowl, cover and set aside in a moderately warm place, free from draft, until light—about one and one-half hours. Mold into loaves. Place in well-Criscoed bread pans, filling them half full. Cover and let rise one hour, or until double in bulk. Bake forty-five to sixty minutes.

NOTE: One cake of yeast may be used with good results; but remember the quicker and stronger the fermentation, the better the bread. The best bread bakers have adopted quick methods.



GERMAN APPLE CAKE

- | | |
|------------------------------|-----------------------------|
| 2½ cupfuls flour | ⅔ cupful milk (about) |
| ⅔ teaspoonful salt | 2 or 3 apples, pared, quar- |
| 4 teaspoonfuls baking powder | tered and cored |
| ¼ cupful sugar | 2 tablespoonfuls sugar |
| ⅓ cupful Crisco | 1 teaspoonful cinnamon |
| 1 egg, beaten light | 2 tablespoonfuls currants |

Sift together the flour, salt, baking powder and sugar; with two knives cut in the Crisco; to the egg add the milk and gradually stir into the dry ingredients to make a mixture soft enough to spread in a Criscoed pan. Use a pan about 10¼ by 6¼ inches. Cut the prepared apples in slices and press these, thin edge downward, in parallel rows in the top of the dough; dredge with the sugar and cinnamon, sprinkle on the currants and let bake about half an hour. When nearly baked, a little apple jelly may be spread over the apples and the dish returned to the oven to finish cooking.

BLUEBERRY TEA CAKE

- | | |
|------------------------------|-------------------------|
| 2 cupfuls pastry flour | 1 egg, beaten light |
| 4 teaspoonfuls baking powder | ½ cupful milk |
| ¾ teaspoonful salt | 3 tablespoonfuls melted |
| 1 cupful sugar | Crisco |
| 1 cupful blueberries | |

Sift together the dry ingredients; add the egg, milk and Crisco and mix thoroughly; beat in the blueberries and turn into a Criscoed biscuit pan; bake about half an hour.

FRENCH BREAD

- | | |
|-------------------------|--------------------------|
| 1 cake compressed yeast | 2 cupfuls lukewarm water |
| ½ cupful lukewarm water | 1 teaspoonful salt |
| flour for kneading | |

Mix the yeast evenly through the half cupful of water; add the rest of the water and the salt and stir in flour to make a dough. Knead the dough until smooth and elastic. Cover and let stand until doubled in bulk. Divide the dough into two pieces, roll and stretch these on the board until they are suitable in length for the pans, which are long and narrow. Let stand until again doubled in bulk. Bake about forty minutes. Brush over with white of egg, beaten slightly and strained, and return to the oven to dry the egg.

ORANGE BREAD

1 cake compressed yeast	2 tablespoonfuls Crisco
$\frac{1}{4}$ cupful lukewarm water	1 teaspoonful salt
1 cupful orange juice	2 tablespoonfuls sugar
grated rind 2 oranges	1 egg yolk
about 4 cupfuls bread flour	

Soften the yeast cake in the lukewarm water, mix and add to the orange juice and rind, the melted Crisco, salt, sugar, and egg yolk, beaten light, then stir in flour for a dough. Knead until the dough is smooth and elastic, then cover and set aside until about double in bulk. Divide in two pieces and shape to fit lengthwise of a brick-loaf bread pan. When again nearly double in bulk bake one hour. Use for plain or any variety of cheese or sweet sandwiches, or to serve with cocoa or tea. The bread is good, toasted and sprinkled with sugar.

WHOLE-WHEAT BAKING POWDER BISCUITS

2 cupfuls whole-wheat flour	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ cupful white flour	$\frac{1}{4}$ cupful Crisco
5 teaspoonfuls baking powder	milk or water or both as needed ($\frac{1}{2}$ to $\frac{3}{4}$ cupful)

Pass together through a sieve, three times, the flour, baking powder and salt. With two knives or finger tips work in the Crisco; add the liquid, a little at a time, mixing with a knife, meanwhile, to a soft dough, but one that can be handled. Turn the dough upon a floured board and turn with a knife until lightly floured, then knead lightly with the hands to get it into a smooth mass; pat with the rolling pin and roll into a sheet about three-fourths an inch thick; cut into rounds; set these close together in a Criscoed pan and bake from fifteen to twenty minutes. For white flour biscuits substitute two cupfuls of white flour for the whole-wheat flour given.

WHOLE-WHEAT HOT CROSS BUNS

1 cake compressed yeast	$\frac{3}{4}$ teaspoonful salt
$\frac{1}{4}$ cupful scalded and cooled milk	1 egg, beaten light
1 cupful scalded and cooled milk	whole-wheat flour as needed,
white flour as needed, about	about 2 cupfuls
$1\frac{3}{4}$ cupfuls	
$\frac{1}{4}$ cupful melted Crisco	3 tablespoonfuls Crisco,
$\frac{1}{4}$ cupful sugar	creamed
$\frac{1}{2}$ cupful dried currants	3 tablespoonfuls sugar
	1 teaspoonful cinnamon
5 tablespoonfuls flour	

Mix the yeast smoothly into the small quantity of milk, add the cupful of milk and stir in as much of the white flour as is needed to make a sponge. Beat until smooth, cover and let stand to become light; add the Crisco, sugar, currants, salt, egg and whole-wheat flour and mix to a soft dough that may be kneaded; knead until smooth, set in a clean, Criscoed bowl, out of drafts, until doubled in bulk. Turn upside down on a lightly floured board, roll into a sheet half an inch thick, cut into rounds; set the rounds in a Criscoed pan. When light, with scissors, cut from the top of each bun two strips of crust an inch and a half long and one-third an inch wide, like a cross (+) and fill the space with the sugar, cinnamon and flour beaten into the Crisco. Bake till done, brush over with the white of an egg beaten a little and strained and return an instant to the oven.



QUICK RAISIN AND NUT ROLLS

- | | |
|------------------------------------|-------------------------------------------------|
| 3 cupfuls pastry flour | 1 tablespoonful softened Crisco |
| 5 teaspoonfuls baking powder | $\frac{1}{3}$ cupful sultana raisins |
| $\frac{3}{4}$ teaspoonful salt | $\frac{1}{3}$ cupful nut meats broken in pieces |
| $\frac{1}{3}$ cupful Crisco | 2 tablespoonfuls sugar |
| 1 egg, beaten light | 1 teaspoonful cinnamon, if desired |
| $\frac{3}{4}$ cupful milk (nearly) | |

Sift together the dry ingredients, twice, and with two knives cut in the Crisco. Add part of the milk to the egg and use in mixing the dry ingredients to a dough that cleans the bowl, use more of the milk as is required. Turn the dough on a floured board, roll to coat slightly with flour, and knead and roll into a rectangular sheet one-third an inch thick, spread with the softened Crisco, sprinkle over the other ingredients, and roll compactly as a jelly roll. Cut in pieces an inch and a half long; set on end close together in a Criscoed pan. Bake about twenty-five minutes.

PARKER HOUSE ROLLS

- | | |
|----------------------------------------------|-----------------------------------------|
| 1 cake compressed yeast | $1\frac{1}{2}$ to 2 cupfuls bread flour |
| $\frac{1}{4}$ cupful scalded and cooled milk | $\frac{1}{2}$ teaspoonful salt |
| 1 cupful scalded and cooled milk | 1 tablespoonful sugar |
| | $\frac{1}{4}$ cupful melted Crisco |
| | about 2 cupfuls bread flour |

Soften the yeast in the one-fourth cupful of milk, mix thoroughly and add to the cupful of milk, and stir in the flour; use enough to make a batter that is easily beaten; beat until smooth, cover and let stand until light; add the other ingredients and mix to a soft dough. Add the last of the flour, carefully, to avoid a stiff dough. Knead until smooth and elastic. Wash the bowl and brush over the inside with Crisco; put in the dough, cover and let stand to double in bulk. Carefully turn the dough upside down on the board, very lightly dredged with flour; pat with the rolling pin and roll into a sheet half an inch thick. If

directions have been followed the dough may be rolled out with but a few motions of the pin. Lift the dough (that it may "fly back" into place now rather than after the rolls are cut out); cut into rounds, brush over one-half of each round with melted Crisco and fold in the center. Set close together in a Criscoed pan.

When doubled in bulk bake about half an hour. For a crusty exterior, brush over the top of the cooked rolls with slightly beaten white of egg; for a soft crust brush over with thin starch, and in both cases return to the oven to set the glaze. Both the egg and starch should be well rubbed in. To make the starch stir two teaspoonfuls of cornstarch with a little cold water, then pour on half a cupful of boiling water and let boil ten minutes.

RYE BREAD WITH CARAWAY SEEDS

1 cake compressed yeast	2 tablespoonfuls melted Crisco
$\frac{1}{4}$ cupful lukewarm water	1 tablespoonful caraway seeds
1 cupful lukewarm water	$1\frac{1}{2}$ cupfuls white flour
$\frac{1}{2}$ teaspoonful salt	rye flour for dough (about $2\frac{1}{2}$ cupfuls)

Mix the yeast through the small measure of water thoroughly, then add the other ingredients in the order enumerated and mix to a dough; knead until smooth and elastic; wash the bowl and rub the inside with Crisco. Set the dough in the bowl, cover close and, when doubled in bulk, turn upside down on the board, *without disturbing the dough more than is necessary*, and roll under the hands to fit a French bread pan. Cover and when again light slash across the top in three places, brush over with milk or water and bake about fifty minutes.

WHOLE-WHEAT BREAD

(TWO LOAVES)

$\frac{1}{3}$ to 1 whole cake compressed yeast	2 tablespoonfuls Crisco
$\frac{1}{2}$ cupful lukewarm water	2 tablespoonfuls sugar
2 cupfuls lukewarm liquid (milk or water or part of each)	1 teaspoonful salt
	4 cupfuls whole-wheat flour
	2 to 3 cupfuls white flour

If the bread be mixed at night, use the small quantity of yeast indicated; mixed in the morning, use the whole yeast cake. The milk should be scalded and the water boiled, add the Crisco, sugar and salt and let cool to lukewarm, then add the yeast mixed with the half cupful of water and the flour. Use an earthen mixing bowl and mix the ingredients with a "case" knife or a larger knife of the same shape.

Knead the dough until smooth and elastic; return to the bowl, cover close and let stand until doubled in bulk. The temperature for the first two hours should be about 70°; after fermentation is well established, if the temperature be reduced to 50° or even lower, no harm will result. Cut through and through the dough with a knife; cover and let stand again until doubled in bulk, or shape at once into two loaves. When the loaves are again nearly doubled in bulk bake one hour.

DESSERT RECIPES

INDIAN TAPIOCA PUDDING

- | | |
|--------------------------------------------|----------------------------------|
| 1 quart milk | 2 tablespoonfuls Crisco |
| $\frac{1}{4}$ cupful Indian meal | 1 teaspoonful salt |
| $\frac{1}{3}$ cupful quick-cooking tapioca | 1 cupful molasses |
| | $1\frac{1}{2}$ cupfuls cold milk |

Scald the milk in a double boiler; stir while sprinkling in the meal and tapioca and continue to stir until the tapioca becomes transparent; add the Crisco, salt and molasses and turn into a Criscoed pudding dish. Pour over the cold milk and, without stirring in the milk, bake one hour. Serve with or without cream.

RICE PUDDING, PORCUPINE STYLE

- | | |
|---------------------------------------|---------------------------------------|
| $\frac{1}{2}$ cupful rice, blanched | $\frac{1}{4}$ cupful orange marmalade |
| 2 cupfuls milk | $\frac{1}{2}$ teaspoonful salt |
| $\frac{1}{4}$ cupful sugar | 3 eggs, well beaten |
| $\frac{1}{3}$ cupful blanched almonds | |

To blanch the rice, put it over a hot fire in a quart of cold water and stir while heating to the boiling point; let boil three minutes, drain, rinse in cold water and drain again. Put the rice over the fire in a double boiler with the milk, sugar, marmalade and salt, and let cook until tender; beat in the eggs and turn into a mold brushed over with Crisco and dredged with sugar. Let cook in the oven on folds of paper and surrounded with boiling water about half an hour. Turn the pudding upon a serving dish, split the almonds and press one end of them into the pudding at regular distances one from another. Serve hot with

GOLDEN SAUCE

- | | |
|-----------------------------|-----------------------------------|
| $\frac{1}{4}$ cupful Crisco | $\frac{1}{3}$ teaspoonful salt |
| 1 cupful brown sugar | $\frac{1}{2}$ cupful scalded milk |
| 2 egg yolks, beaten light | 2 egg whites, beaten stiff |
| vanilla or nutmeg | |

Cream the Crisco; beat in the sugar, yolks and salt; gradually beat in the hot milk; cook and stir over hot water until the mixture thickens, then fold in the whites; cook till "set," add the flavoring.

COTTAGE PUDDING

- | | |
|-------------------------------------|-------------------------------------------|
| $\frac{1}{4}$ cupful Crisco | $2\frac{1}{2}$ teaspoonfuls baking powder |
| $\frac{1}{2}$ cupful sugar | |
| 1 egg and 1 extra yolk, well beaten | SAUCE |
| $\frac{1}{2}$ cupful milk | 1 cupful maple syrup |
| $1\frac{1}{2}$ cupfuls flour | 1 egg white, beaten dry |
| | 1 cupful cream, beaten light |

Cream the Crisco, beat in the sugar, the egg and yolk, and alternately the milk and flour with the baking powder. Bake in a sheet or in a muffin pan. Serve hot with sauce poured over. For the sauce, boil the syrup until it forms a soft ball when tested in cold water, pour gradually on the white of egg, beating constantly meanwhile, fold in the cream.



RAISIN BREAD

1 cake compressed yeast
1 $\frac{1}{4}$ cupfuls scalded-and-cooled milk
1 $\frac{3}{4}$ cupfuls bread flour (about)
 $\frac{1}{4}$ cupful sugar

$\frac{1}{4}$ cupful Crisco, melted
 $\frac{3}{4}$ teaspoonful salt
1 egg, beaten light
 $\frac{2}{3}$ cupful raisins
bread flour as needed, about 2 cupfuls

Mix the yeast, broken in pieces, with $\frac{1}{4}$ a cupful of the milk; add to the rest of the milk with the first measure of flour and beat until smooth. Cover and let stand out of drafts until very light and full of bubbles; add the other ingredients and mix to a dough. Knead until smooth and elastic. Set aside to double in bulk; shape for a brick-loaf pan, when again light; bake one hour.



GRAHAM POP-OVERS

3 eggs, beaten light
2 cupfuls milk
1 cupful graham flour
1 cupful white flour

1 tablespoonful sugar
1 teaspoonful salt
2 tablespoonfuls melted
Crisco

Add the milk to the eggs; sift together the dry ingredients; gradually beat the dry ingredients into the liquid, using an egg beater; lastly, beat in the Crisco. Bake in hot well-Criscoed glass or other cups nearly one hour.



VIRGINIA SPOON CORN BREAD

3 cupfuls boiling water	$\frac{3}{4}$ cupful milk
$1\frac{1}{2}$ teaspoonfuls salt	3 eggs, beaten light
$\frac{1}{3}$ cupful breakfast hominy	$1\frac{1}{2}$ cupfuls corn meal
3 tablespoonfuls Crisco	2 teaspoonfuls baking powder

Add the salt to the water, set over a hot fire and gradually stir in the hominy; let cook three or four minutes while stirring, then let cook undisturbed over boiling water thirty (30) minutes; add the Crisco, milk, the eggs and the corn meal sifted with the baking powder and mix all together thoroughly. Turn into a Criscoed baking dish (suitable for the table) and let bake forty-five minutes. This will serve six or seven people, and is to be served with a spoon while hot.



SAVARIN

1 cake compressed yeast

$\frac{1}{4}$ cupful lukewarm water

2 cupfuls bread flour

$\frac{1}{2}$ teaspoonful salt

1 tablespoonful sugar

$\frac{1}{2}$ cupful and 2 tablespoonfuls Crisco

4 eggs

1 dozen blanch-
ed almonds

APRICOT SAUCE

$\frac{3}{4}$ can apricots

$1\frac{1}{2}$ cupfuls sugar

Crumble the yeast cake into the water and stir in enough of the flour to make a dough; knead the little ball of dough until smooth and elastic; cut half through the ball of dough in both directions and drop it into a bowl of lukewarm water; set the bowl in a warm place that the yeast may work. Put the salt, sugar, Crisco and two of the eggs into the rest of the flour and beat with the hand until smooth, then add the other two eggs, one at a time; beat in the first egg thoroughly before the last one is added. By this time the ball of dough should be floating on the water, light and porous as a "sponge;" with a skimmer (to take no water) lift the sponge to the Crisco-egg mixture and again beat until very smooth. Have ready a "Turk's head" mold, holding one quart, rubbed over with Crisco and the Crisco sprinkled with the almonds, chopped fine; turn in the mixture, let stand in a warm place until the mold is filled to nearly half an inch of the top. Bake about half an hour. Have ready the apricots pressed through a sieve (use apricots and syrup); add the sugar and let boil about six minutes. Turn the hot Savarin upon a serving dish and over it pour the hot sauce; baste the cake with the sauce until the sauce is largely absorbed, then serve as a dessert dish. It may be eaten cold but is better hot.



STEAMED DATE PUDDING

- | | |
|--------------------------------------------------------|---------------------------------------------------|
| $\frac{1}{2}$ cupful Crisco, less 1 table-
spoonful | $\frac{2}{3}$ cupful soft, sifted bread
crumbs |
| $\frac{2}{3}$ cupful sugar | $\frac{2}{3}$ cupful flour |
| $\frac{2}{3}$ pound dates, cooked and
chopped | $\frac{1}{2}$ teaspoonful salt |
| 2 eggs, beaten light | 2 teaspoonfuls baking powder |
| | $\frac{2}{3}$ cupful milk |

Cream the Crisco, gradually beat in the sugar, then the dates, eggs, crumbs, flour sifted with the salt and baking powder, and the milk. Mix all together thoroughly. To prepare the dates, cover one pound of dates with boiling water, stir with fork until boiling, drain, dry on a cloth, remove the stones and chop the pulp fine; use two thirds of the dates for the pudding, and press the rest of the chopped dates through a fine sieve for the sauce. The bread crumbs should be well pressed down in the cup. The inside of the mold should be rubbed over thoroughly with Crisco. Steam the pudding two hours. Set to cook in boiling water. When unmolded surround with slices of lemon holding hard sauce; set a row of scalded, stoned and cooled dates around the top and pipe hard sauce on these. The lemon slices and dates protect the sauce from the heat of the dish.

HARD SAUCE FOR DATE PUDDING

- | | |
|---------------------------------------|--------------------------------------------------|
| $\frac{1}{2}$ cupful Crisco | $\frac{1}{3}$ pound cooked and strained
dates |
| $1\frac{1}{3}$ cupfuls powdered sugar | $\frac{1}{3}$ teaspoonful yellow ginger |
| $\frac{1}{2}$ teaspoonful salt | |

Cream the Crisco, and gradually beat in the other ingredients.

STEAMED GRAHAM PUDDING

$\frac{1}{4}$ cupful Crisco	$1\frac{1}{2}$ cupfuls sifted Graham flour
$\frac{1}{2}$ cupful molasses	$\frac{3}{4}$ teaspoonful salt
1 egg, beaten light	2 teaspoonfuls baking powder
$\frac{1}{2}$ cupful milk	1 teaspoonful mixed spices
1 cupful raisins	

Cream the Crisco, add the molasses, egg and milk. Sift together the dry ingredients and stir into the first mixture, add the raisins. Steam in a Criscoed mold two and one-half hours. Serve with Cream Pudding Sauce. (See page 65.) A mixture of Crisco and flour gives a perfect medium for oiling molds or pans. It is a method that insures even distribution of oil and flour.

SAVOY PUDDING

1 cupful milk	2 tablespoonfuls sugar
$\frac{1}{4}$ cupful Crisco	1 cream cheese (.05)
$\frac{1}{4}$ teaspoonful salt	grated rind 1 lemon
$\frac{1}{2}$ cupful flour	5 egg yolks beaten thick
5 egg whites, beaten stiff	

Scald the milk, add the Crisco and salt and when the Crisco is melted, the flour and stir and cook until the mixture becomes a smooth ball; add the sugar, the cheese pressed through a ricer and the lemon rind and mix; then fold in the yolks and, lastly, the whites of eggs. Turn into a Criscoed pudding dish, set the dish in a pan of hot water and let bake about forty minutes, or until firm in the center. Serve at once with—

CURRENT JELLY SAUCE

1 tumbler currant jelly	2 teaspoonfuls cornstarch
1 cupful boiling water	3 tablespoonfuls cold water
$\frac{1}{4}$ cupful sugar	$\frac{1}{4}$ teaspoonful salt

Let the jelly, water and sugar simmer until smooth; add the cornstarch mixed with the cold water and salt and stir until boiling. Let simmer ten minutes.

CUSTARD SOUFFLÉ

3 tablespoonfuls Crisco	1 cupful milk
3 tablespoonfuls flour	$\frac{1}{4}$ cupful sugar
$\frac{1}{4}$ teaspoonful salt	4 egg yolks, beaten light
4 egg whites, beaten stiff	

Melt the Crisco; in it cook the flour and salt; add the milk and stir until boiling; add the sugar, fold in the yolks, and, lastly, fold in the whites; bake in a Criscoed dish in a pan of hot water about twenty-five minutes. Serve at once with—

FROTHY SAUCE

$\frac{1}{2}$ cupful Crisco	1 egg white, beaten stiff
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{2}$ cupful boiling water
1 cupful sugar	1 teaspoonful vanilla

Cream the Crisco and salt; gradually beat in the sugar, fold in the egg white, and then the water and vanilla.

CANNED APRICOT SHERBET

1 can apricots	1 quart cold water
2 cupfuls sugar	rock salt
snow or crushed ice	

With a wooden pestle press the apricots through a sieve, add the sugar and water and stir occasionally until the sugar is dissolved. Pour the mixture into

the can of the freezer, pack it with salt and ice, using three parts of ice to one of salt, and freeze as usual. With snow add a little warm water to start the melting process, which is the beginning of the freezing process. This sherbet is particularly good and easily made.

LENTEN FRITTERS

2 cupfuls hot milk	$\frac{1}{4}$ cupful sugar
$\frac{1}{2}$ cupful fine corn meal	2 egg yolks
$\frac{1}{2}$ teaspoonful salt	grated rind 1 lemon or orange

Sift together the corn meal, salt and sugar, then stir vigorously while gradually sprinkling into the hot milk; continue to stir until the mixture thickens, then cover and let cook one hour or longer, stirring occasionally; add a little of the hot mush to the yolks and grated rind, mix and stir into the rest of the hot mixture; beat thoroughly then cover and let cook about two minutes. Turn into a Criscoed shallow pan to make a sheet half an inch deep. When cold cut into rings with a doughnut cutter; dip the rings in flour and fry in hot Crisco; drain on soft paper, sprinkle with powdered sugar and serve at once.

RICE-AND-RAISIN CROQUETTES

1 cupful rice	$\frac{1}{4}$ cupful Crisco
1 cupful Sultana raisins	2 egg yolks, beaten
2 cupfuls milk	$\frac{1}{4}$ cupful sugar
$1\frac{1}{4}$ teaspoonfuls salt	1 egg and soft bread crumbs

Crisco for frying

Put the rice over a quick fire in a quart of cold water and stir constantly until boiling; let boil two minutes, drain on a sieve, rinsing well with cold water; return the rice to the fire in a double boiler with the raisins, milk and salt and let cook until the rice is tender; add the Crisco, and the yolks mixed with the sugar and mix thoroughly. When cooled somewhat shape into cylinders; dip in egg and crumbs and fry in hot Crisco. Serve with powdered sugar or a hot sauce. Fat should brown a cube of bread in 40 seconds.

FRUIT PUFFS

$\frac{1}{2}$ cupful Crisco	2 cupfuls flour
3 tablespoonfuls sugar	$\frac{1}{2}$ teaspoonful salt
2 eggs, beaten light	3 teaspoonfuls baking powder
1 cupful milk	1 cupful fruit (currants, raisins, figs or dates)

Cream the Crisco; beat in the sugar, add the eggs and, alternately, the milk and flour sifted with the salt and baking powder; beat in the fruit; steam in Criscoed cups half an hour. Serve hot with—

CREAM PUDDING SAUCE

$\frac{1}{3}$ cupful Crisco	4 tablespoonfuls cold water
$\frac{2}{3}$ cupfuls sugar	1 cupful boiling water
2 teaspoonfuls flour	1 teaspoonful vanilla or
$\frac{1}{2}$ teaspoonful salt	orange extract

Cream the Crisco and beat in the sugar; stir the flour and salt with the cold water to a smooth paste; pour on the boiling water, stirring constantly meanwhile; continue to stir until the sauce boils; let boil ten minutes, keep hot till ready to serve, then with a wire whisk gradually beat into the Crisco and sugar; add the flavoring and serve.

BLACKBERRY SHORTCAKE

2½ cupfuls pastry flour	milk for soft dough (about
5 teaspoonfuls baking powder	1 cupful)
¾ teaspoonful salt	2 to 3 baskets blackberries
¼ to ⅓ cupful Crisco	2 cupfuls sugar

Sift together the dry ingredients; cut in the Crisco with two knives, then adding milk, a little at a time, mix to a soft dough. Spread the dough in two round layer-cake pans; bake in a quick oven. While the shortcake is baking, let the berries, hulled, washed, drained and mixed with the sugar stand in a warm place. Turn one piece of the crust on a serving dish and spread with Crisco beaten to a cream with a little salt; pour on part of the prepared berries and set the other crust in place; spread as before and turn on the rest of the berries; sift powdered sugar above. Serve with or without cream. Blackberries make one of the best of shortcakes. Raspberries, strawberries, sliced peaches and canned apricots may be used in the same way.

PRESERVED PEACHES WITH MARMALADE CROUTONS

rings of bread or rolls	macaroon or soft bread
1 egg, and 1 yolk, beaten together	crumbs, sifted
½ cupful rich milk	Crisco for sautéing
2 tablespoonfuls sugar	orange marmalade
preserved or sugared peaches	chopped almonds

Use choice bread or rolls, cut it in slices half an inch thick and from these stamp out rings with a doughnut cutter; mix the egg, milk and sugar, in this dip the prepared bread, then cover with the crumbs; sauté in hot Crisco until an amber shade; then turn and sauté on the other side; drain on soft paper; coat with marmalade on both sides then sprinkle with chopped almonds. Dispose fresh peaches, sliced and sugared, or preserved peaches, in the center of a dish and set the croutons in a circle around them.

BROWN BETTY PUDDING

½ cupful Crisco	½ cupful sugar
½ teaspoonful salt	grated rind ½ lemon
2 cupfuls soft bread crumbs	juice ½ lemon
5 cupfuls sliced apples	3 or 4 tablespoonfuls cold water

Melt the Crisco, stir in the salt and mix with the bread crumbs. Sprinkle a layer of crumbs in a Criscoed baking dish; add a layer of the apples, sprinkle these with sugar, lemon rind and juice and cold water; continue the layers of crumbs, apples and other ingredients until all are used, having the last layer crumbs. Bake about an hour, covering the dish at first, then uncovering to brown the top. Serve with sugar and cream. Other fruit, also rhubarb, may be cooked in the same way. Use raisins with the rhubarb.

PASTRY RECIPES

In all recipes for pastry, the proportions of flour given are for pastry flour except in recipes in which yeast is employed, when bread flour is to be used.

PLAIN PASTRY

1½ cupfuls flour	½ cupful Crisco
1 teaspoonful salt	4 to 6 tablespoonfuls cold water

Sift flour and salt and cut Crisco into flour with two knives until finely divided. Finger tips may be used to finish blending materials. Add gradually sufficient water to make stiff paste. Water should be added sparingly and mixed with a knife through dry ingredients. Form lightly and quickly into dough, roll out on slightly floured board, about one-quarter inch thick. Use light motion in handling rolling pin and roll from center outward. Sufficient for one small pie.

FLAKY PASTRY

2 cupfuls pastry flour	½ cupful Crisco
½ teaspoonful salt	⅓ cupful (or more) cold water
½ teaspoonful baking powder	3 or 4 level tablespoonfuls Crisco, creamed

Use the above ingredients, except the creamed Crisco, as in making plain pastry; roll the pastry into a thin rectangular sheet; on half of the paste set part of the creamed Crisco in small bits equally distant one from another; fold the other half of the paste over the Crisco, put the rest of the Crisco on half of this surface in the same manner as before and again fold half of the paste over the Crisco; pat the paste with the pin, then roll into a long strip, fold the strip three times to make three layers of paste; turn the paste half way round, that it may not be rolled in the same direction as before, and roll into a thin sheet. The rolling and folding may be repeated three or four times if desired. This paste is used for tarts, little pies and the upper crust of larger pies.

CHOU PASTE

CREAM CAKES

½ cupful Crisco	1 cupful pastry flour
1 cupful boiling water	3 eggs

FILLING

2 cupfuls milk	2 eggs
½ cupful flour	¾ cupful sugar
½ teaspoonful salt	1 teaspoonful vanilla

Put the Crisco over the fire in the water; when again boiling, sift in the flour and stir and cook until the mixture leaves the sides of the pan a smooth paste; turn into an earthen bowl and beat in the eggs one at a time; beat in each egg thoroughly before the next is added; drop onto a baking sheet in irregular rounds about three inches in diameter. Bake in an oven with strong heat on the bottom about 25 minutes. When done the cakes will feel light,

taken in the hand; when cool, open on one side and insert the filling. To make the filling, stir a little of the milk with the flour and salt to make a thin paste; cook this in the rest of the milk scalded over hot water, stirring constantly until the mixture thickens; let cook fifteen minutes; beat the eggs; add the sugar, and beat again; then stir into the hot mixture; stir and cook until the egg is cooked; let cool, then add the vanilla and use.

STRAWBERRY TARTS

flaky pastry (see page 67)	1 tablespoonful granulated
chou paste (see page 67)	gelatine
1 basket strawberries	$\frac{1}{4}$ cupful cold water
1 cupful sugar	1 tablespoonful lemon juice
1 cupful strawberry juice	$\frac{1}{3}$ cupful sugar
and pulp	1 cupful whipped cream
	$\frac{1}{4}$ cupful sugar

Roll the recipe for flaky pastry into a thin sheet, cut it into rounds three to four inches in diameter, set these into a baking pan and "pipe" chou paste (paste for éclairs) on the edge; let bake from fifteen to twenty minutes. Fill the open centers with hulled and washed strawberries cut in halves and mixed with sugar; pour over a strawberry gelatine mixture just on the point of forming, and when the mixture is "set," serve either with or without whipped cream sweetened before whipping. To make the gelatine mixture, soften the gelatine, in the cold water, dissolve by setting it into hot water, add the strawberry juice, lemon juice and sugar and use as above.

FAIRY SQUASH PIE

1 tablespoonful Crisco	$\frac{3}{4}$ cupful strained squash
$\frac{1}{2}$ cupful sugar	$\frac{3}{4}$ teaspoonful salt
2 eggs, beaten light	$\frac{1}{4}$ teaspoonful ginger
2 tablespoonfuls maple syrup	$\frac{1}{4}$ teaspoonful cinnamon
	1 pint rich milk

Cream the Crisco; beat part of the sugar into the Crisco and the rest into the eggs, then beat the two mixtures together and add the other ingredients. Bake in a plate lined with plain pastry about half an hour.

BANANA PIE

1 cupful banana pulp	1 egg, beaten light
$\frac{1}{2}$ cupful sugar	$\frac{1}{3}$ teaspoonful cinnamon
$\frac{1}{4}$ cupful molasses	$\frac{1}{2}$ cupful milk
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{3}$ cupful cream

Mix all ingredients together; bake in a plate lined with plain pastry as for a custard pie. The grated rind and juice of half a lemon may replace the molasses. To secure the banana pulp, remove the skin and coarse threads, then press the pulp through a ricer and mix at once with the other ingredients lest the pulp discolor.

BANBURY TARTS

1 cupful stoned raisins	1 cupful sugar
$\frac{1}{4}$ cupful citron	1 egg, slightly beaten
1 lemon, juice and grated rind	flaky pastry (see page 67)

Chop the raisins and citron fine, add the lemon rind and juice and part of the sugar and let heat in a double boiler; add the rest of the sugar to the beaten

egg and stir and cook in the hot mixture until it thickens; use when cold. Roll the pastry as for covering a pie, cut into large rounds; put a spoonful of the mixture on one side of each round, brush the edge with cold water, cut slits in the other side of the rounds and fold over the mixture; brush over the tops with cold water, dredge with sugar and bake till well-colored.

MOCK MINCE PIE, SPRING STYLE

1 cupful rhubarb	1 cupful sugar
1 cupful raisins	1 egg, well beaten
1 lemon, grated rind and juice	$\frac{1}{4}$ cupful cracker crumbs
2 tablespoonfuls Crisco, melted	$\frac{1}{2}$ teaspoonful salt

Chop, together, the rhubarb and raisins; add the other ingredients and mix thoroughly; bake between two rounds of pastry. Use a little more Crisco than usual in making plain pastry, or use flaky pastry (see page 67).

DATE CREAM PIE

4 tablespoonfuls Crisco	$\frac{1}{2}$ cupful sugar
4 tablespoonfuls flour	1 cupful dates, stoned and chopped
$\frac{3}{4}$ teaspoonful salt	2 eggs, well beaten
2 cupfuls milk	plain pastry (see page 67)

Melt the Crisco; in it cook the flour and salt until frothy; add the milk and stir until boiling; add the sugar and dates and stir and cook until the dates are softened a little; beat in the eggs and turn into a plate lined with pastry; bake until the pastry is browned and the custard is set.

QUAKER PIE

Baldwin or greening apples	$\frac{1}{2}$ teaspoonful salt
1 round flaky pastry	2 egg whites, beaten stiff
1 cupful sugar	3 tablespoonfuls thick cream
3 tablespoonfuls Crisco	3 tablespoonfuls sugar
grated nutmeg	$\frac{1}{4}$ teaspoonful vanilla

Pare, quarter and core enough apples to fill a pie plate; cut the quarters in halves and dispose in the plate; set the crust above and bake until the apples are soft and the crust well colored. Lift the crust from the apples and turn it over on the plate from which it is to be served. Add the cupful of sugar, the Crisco, nutmeg and salt to the apple, mix thoroughly and turn into the crust, making smooth on the top. Beat the cream quite stiff and fold into the eggs with the sugar and vanilla. Spread the mixture over the apples and serve at once.

VEGETABLE MINCE PIE

4 quarts green tomatoes	$\frac{1}{2}$ cupful vinegar
2 pounds brown sugar	1 tablespoonful salt
1 pound raisins	1 tablespoonful cinnamon
$\frac{1}{2}$ pound citron cut in pieces	1 tablespoonful nutmeg
$\frac{1}{2}$ cupful Crisco	1 teaspoonful ground cloves

Chop the tomatoes very fine, drain, then cover with cold water and let boil until tender (it will take about half an hour); turn into a colander and let stand until the liquid has drained off; turn into a saucepan and add all the ingredients except the spices; let boil till thick, then add the spices and store in glass jars. Use as any mince meat in making pies. For a change, when about ready to serve such a pie, cover the upper crust with apple meringue,

set into a moderate oven to remain until the meringue is delicately browned. The oven should be of such heat that the meringue does not color for ten minutes. This meringue is suitable for peach, apple or similar pies.

APPLE MERINGUE

- | | |
|-----------------------------|----------------------------|
| 1 large tart apple | 1 cupful sugar |
| 1 tablespoonful lemon juice | 2 egg whites, beaten stiff |

Grate the apple, adding the lemon juice and sugar meanwhile to keep the apple white, then beat very gradually into the egg whites and proceed as above.

CREAM RHUBARB PIE

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|-------------------------------------|--------------------------------|
| plain or flaky pastry (see page 67) | grated rind 1 orange or lemon |
| 2 tablespoonfuls cornstarch | 1 cupful rhubarb, fine-chopped |
| 1 cupful sugar | 1 tablespoonful Crisco |
| $\frac{1}{2}$ teaspoonful salt | 3 egg yolks, beaten light |
| 1 cupful boiling water | |

Line a pie plate with pastry, building up the edge as for a custard pie. Mix the cornstarch, sugar and salt until thoroughly blended, pour on the boiling water and stir over the fire until boiling, add the grated rind, the rhubarb, Crisco and egg yolks, mix thoroughly and turn into the pastry-lined plate; let bake about twenty-five minutes; cool a little, spread with meringue, dredge with granulated sugar and let bake in a very moderate oven about twelve minutes.

MERINGUE FOR RHUBARB PIE

- | | |
|---------------------------------------|---------------------------------------------------|
| 3 egg whites | $\frac{1}{2}$ teaspoonful orange or lemon extract |
| $\frac{1}{3}$ cupful granulated sugar | |

Beat the egg whites very light, then gradually beat in the sugar and the extract.

VIRGINIA SWEET POTATO PIE

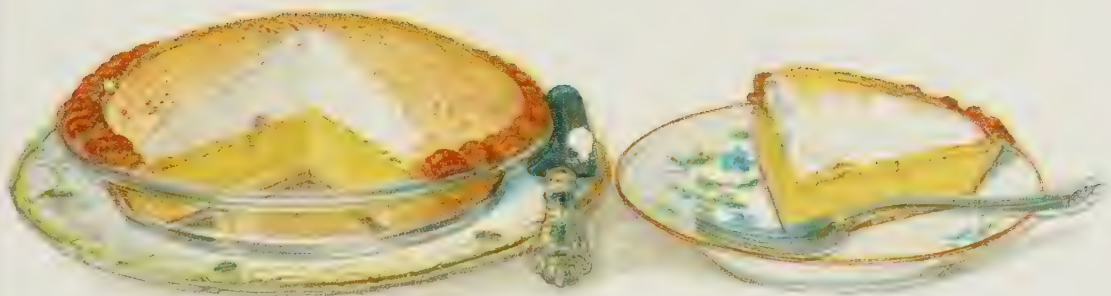
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|--------------------------------|-----------------------------|
| 1 pint strained sweet potato | 4 egg yolks |
| $\frac{1}{2}$ cupful Crisco | $\frac{3}{4}$ cupful milk |
| $\frac{3}{4}$ teaspoonful salt | $\frac{1}{2}$ nutmeg grated |
| $\frac{1}{4}$ cupful sugar | 4 egg whites, beaten stiff |
- plain pastry (see page 67)

Use hot baked or boiled sweet potatoes and press through a vegetable "ricer." Cream the Crisco; beat in the salt and sugar, then the yolks, well beaten, the potato, milk and nutmeg; then beat in the whites and turn into a pie plate lined with pastry. Bake until the pastry is well-cooked and the filling puffy and firm in the center. This makes a large pie.

WHITE POTATO CUSTARD PIE

- | | |
|--------------------------------|--------------------------------------------|
| plain pastry (see page 67) | $\frac{1}{2}$ lemon, juice and grated rind |
| 1 cupful mashed potato | 3 egg yolks, beaten light |
| $\frac{1}{4}$ cupful Crisco | $\frac{1}{2}$ cupful sugar |
| $\frac{1}{2}$ cupful sugar | 3 egg whites, beaten stiff |
| $\frac{3}{4}$ teaspoonful salt | |

Line a large pie plate with pastry, building up a good rim and leaving no large air bubbles between paste and plate. After measuring the potato, press it through a ricer, beat in the Crisco, sugar, salt and lemon; add the yolks mixed with the second half cupful of sugar and fold in the whites very thoroughly; turn into the prepared plate and bake until firm in the center.



LEMON PIE, WITH MERINGUE

plain or flaky pastry
2 tablespoonfuls Crisco
1 whole egg and 3 yolks
1 cupful sugar

1 lemon, juice and
grated rind
5 tablespoonfuls flour
 $\frac{1}{2}$ teaspoonful salt

1 cupful milk

Line a pie plate with pastry, building up the edge as for a custard pie. Cream the Crisco and beat the eggs until light; beat part of the sugar into the Crisco and part into the eggs, then beat the two together; add the lemon rind and juice; stir part of the milk into the flour and salt and when smooth pour into the lemon mixture; add the rest of the milk and mix all together thoroughly; turn into the pastry-lined plate and let bake until firm in the center; let cool a little, spread the meringue smoothly over the filling, dredge with granulated sugar and let bake in a very moderate oven about 12 minutes.

MERINGUE FOR LEMON PIE

3 egg whites

$\frac{1}{3}$ cupful granulated sugar

$\frac{1}{2}$ teaspoonful orange or vanilla extract

Beat the egg whites very light, then gradually beat in the sugar and the extract.



OPEN FRUIT TARTLETS

Cut flaky pastry rolled to a thin sheet into pieces of a size to cover small inverted tins. Brownie tins are suitable for this purpose. Press the paste close over the mold, trim at the edge and prick all over with a fork. Set the pastry-covered tins on a tin sheet—to keep the edges clean—and let bake until done, five to ten minutes will be needed. Have ready one cupful of hot peach or other cooked fruit pressed through a sieve; add one-fourth a cupful of sugar, a tablespoonful of lemon juice and a scant tablespoonful of gelatine softened in one-fourth a cupful of water or fruit juice; stir over the fire until the gelatine is dissolved; when chilled and beginning to “set” use to fill the pastry; ornament the top with pieces of cooked fruit in contrasting color and maraschino cherries.

NOTE—Recipes for Chocolate Éclairs, Individual Lemon Pie and Covered Currant Jelly Tartlets (herewith illustrated) will be found on page 73.

COVERED CURRANT JELLY TARTLETS

Roll flaky pastry (see page 67) to a scant quarter of an inch in thickness. Stamp out into rounds three or four inches in diameter. With the small end of a pastry tube, score a circle of small rounds on half of the large rounds. In scoring cut through a short distance on these little rounds but not enough to displace them. Set two teaspoonfuls of currant jelly on each of the plain rounds, brush the edges with cold water and set the perforated rounds above, pressing the two together firm at the edge; brush the edges and the top of the tartlets with cold water, dredge with granulated sugar and bake until done, about ten minutes. Other varieties of jelly, jam, marmalade, apple sauce or cooked fruit may be used.

PRUNE PIE

Cover a pie plate with plain pastry (see page 67) and roll out an upper crust; cut slits at the center and let stand while the filling is put in place. Fill the prepared plate with half to three-fourths a pound of prunes, cooked tender and stoned; sprinkle over them from three-fourths to a whole cupful of sugar, two tablespoonfuls of flour, half a teaspoonful of salt, one tablespoonful of Crisco in little bits, a little prune juice and if at hand the juice of half a lemon or one or two tablespoonfuls of orange marmalade. Brush the edge of the paste with cold water and set the upper paste in place, pressing the edges together close. Bake about twenty-five minutes.

INDIVIDUAL LEMON PIES

Make the recipe for flaky pastry and use it to line about eight fluted patty pans; pour in the lemon filling and let bake about fifteen minutes or until the paste is done and the filling is well puffed. Let cool a little, then lift the pies out of the tins; set them on an inverted tin; spread with meringue, pipe more meringue above, dredge with granulated sugar and let cook in a slow oven about eight minutes.

LEMON FILLING FOR INDIVIDUAL PIES

2½ tablespoonfuls corn- starch	grated rind and juice 1 lemon
1 cupful granulated sugar	3 egg yolks, beaten light
½ teaspoonful salt	3 egg whites, beaten very light
1 cupful boiling water	⅓ cupful granulated sugar

Sift together the cornstarch, sugar and salt; add the boiling water and stir until boiling; add the lemon rind and juice and beat in the yolks. For the meringue, beat the sugar into the whites a little at a time.

CHOCOLATE ÉCLAIRS (CHOU PASTE)

½ cupful Crisco	½ teaspoonful salt
1 cupful boiling water	1 cupful pastry flour
3 eggs	

Put the Crisco, boiling water and salt over the fire; when boiling sift in the flour (also sifted before measuring) and stir and cook until the mixture may be gathered into a compact mass; turn into a mixing bowl, break in one egg, beat until the mixture is smooth, then beat in the second egg, and when the mixture is smooth, the last egg. With two teaspoons spread the mixture on Criscoed baking pans in strips about four inches long and an inch and a half

wide. Bake about twenty-five minutes. The oven should be hot on the bottom. The cakes are baked when they feel light when lifted in the hand and the sides are delicately browned. When cold split on one side and fill with English cream; invert and spread the smooth side with chocolate frosting. This frosting may be chocolate fondant or a simple frosting made of confectioner's sugar. The recipe makes eighteen éclairs.

ENGLISH CREAM FOR ÉCLAIRS

2 cupfuls milk	2 eggs or 4 yolks
$\frac{1}{2}$ cupful flour	$\frac{1}{4}$ cupful sugar
$\frac{1}{2}$ cupful granulated sugar	$\frac{1}{2}$ teaspoonful vanilla or orange
$\frac{1}{4}$ teaspoonful salt	extract

Scald the milk in a double boiler; sift together, several times, the flour, sugar and salt; dilute with a little of the hot milk; mix thoroughly then stir into the rest of the hot milk; continue to stir until the mixture thickens, then cover and let cook ten minutes. Beat the eggs; beat in the sugar and stir into the hot mixture; stir and cook two or three minutes or until the egg is set. When cooled a little, add the flavoring and use.

CONFECTIONER'S CHOCOLATE FROSTING

$\frac{1}{4}$ cupful granulated sugar	2 squares chocolate, melted
$\frac{1}{4}$ cupful boiling water	sifted confectioner's sugar
$\frac{1}{2}$ teaspoonful vanilla extract	

Cook the granulated sugar and water three or four minutes; add the chocolate and beat in confectioner's sugar as needed. If the frosting thickens too much before it is all used, add boiling water a few drops at a time. At the last, beat in the extract.

CAKE RECIPES

THINGS TO REMEMBER IN CONNECTION WITH THESE RECIPES

When a cake is not a success, it is not the fault of the Crisco. Either too much was used, the oven heat not perfectly controlled or some important ingredient was used in the wrong proportion. Crisco should be creamed with the sugar more thoroughly than butter, as Crisco contains no moisture to dissolve the sugar. In all recipes for cake, the proportions of flour given are for pastry flour except in recipes in which yeast is employed, when bread flour is to be used.

CLOVER LEAVES

7 tablespoonfuls Crisco	1 egg white, beaten and
1 cupful granulated sugar	strained
2 egg yolks, beaten light	chopped almonds
$\frac{1}{2}$ lemon, juice and grated rind	granulated sugar
1 egg white, beaten stiff	
flour enough for dough	

Cream the Crisco, beat in the sugar, yolks, lemon juice and rind, the white and flour in the given order. Flour must be used for a stiff dough. Knead slightly, roll into a very thin sheet, and stamp out with a clover leaf or "club" cutter. Lift to a baking pan with a spatula, brush over with the egg white, sprinkle with almonds and sugar and bake to a delicate straw color. These are easily made and baked.



ORANGE CYMBALS

- | | |
|--------------------------------------------|----------------------------------|
| 4½ cupfuls pastry flour | 1 cupful granulated sugar |
| 4 teaspoonfuls baking powder | 3 tablespoonfuls melted Crisco |
| ½ teaspoonful soda | 1 cupful mashed potato |
| 1 teaspoonful salt | ¾ cupful thick sour milk or whey |
| ⅓ nutmeg grated or grated rind of 1 orange | orange marmalade |
| 3 eggs, beaten light | |

Sift together all the dry ingredients; to the eggs add all the other ingredients save the marmalade and mix thoroughly, then stir these into the dry ingredients; take part of the mixture on a floured board, knead slightly, roll into a thin sheet and cut into rounds; set a teaspoonful of marmalade on each of half the rounds and with a broad spatula lift the other rounds and set above the marmalade on the first rounds; press the edges together close; lift the cakes with a spatula and fry in hot Crisco; at serving reheat in the oven and roll in sifted confectioner's sugar.

APPLE CAKE

- | | |
|----------------------|------------------------------|
| ⅓ cupful Crisco | ½ cupful milk |
| 1 cupful sugar | 1¾ cupfuls flour |
| grated rind 1 lemon | 3 teaspoonfuls baking powder |
| 2 eggs, beaten light | ½ teaspoonful salt |

Cream the Crisco, beat in the sugar and grated rind, the eggs, and, alternately, the milk and the flour sifted with the baking powder and salt. Bake in layer pans. Put the layers together with apple filling and sift confectioner's sugar on top.

APPLE FILLING

- | | |
|-----------------------|------------------------|
| 1 large apple, grated | 1 egg, beaten light |
| juice 1 lemon | 1 tablespoonful Crisco |
| 1 cupful sugar | ¼ teaspoonful salt |

Heat the apple, lemon juice and part of the sugar in a double boiler; add the

rest of the sugar to the egg and stir into the hot mixture; continue to stir until the mixture thickens, then beat in the Crisco and salt; let chill a little and it is ready to use.

LIGHT-COLORED DROP CAKES

7 tablespoonfuls Crisco	$\frac{1}{2}$ cupful sour cream
1 cupful sugar	$2\frac{1}{2}$ cupfuls flour
1 egg, beaten light	$\frac{1}{2}$ teaspoonful soda
	$\frac{1}{2}$ teaspoonful salt

Cream the Crisco, beat in the sugar, the egg, sour cream and flour sifted with the soda and salt. Drop from the spoon on a Criscoed pan and bake to a dark straw color.

BURNT LEATHER CAKE

7 tablespoonfuls Crisco	$\frac{1}{2}$ teaspoonful salt
$1\frac{1}{2}$ cupfuls sugar	3 egg whites, beaten stiff
2 egg yolks, beaten light	
1 cupful lukewarm water	FROSTING
3 tablespoonfuls caramel	1 cupful sugar
syrup	2 tablespoonfuls caramel
$2\frac{1}{2}$ cupfuls sifted flour	syrup
4 teaspoonfuls baking	4 tablespoonfuls hot water
powder	1 egg white, beaten stiff

Cream the Crisco and beat in half of the sugar; beat the rest of the sugar into the yolks and beat the two mixtures together; add the water and syrup, alternately, with flour, baking powder and salt sifted together and, lastly, beat in the egg whites. Bake in a sheet 11 x 8 inches about thirty-five minutes; when cooled somewhat spread the frosting over the inverted cake. For the frosting, boil the sugar, syrup and water to the soft-ball stage and beat into the egg white. To make the caramel syrup, stir one cupful of sugar over a quick fire until melted and browned delicately; add a cupful of boiling water and let simmer until the caramel is melted. Store the syrup in a bottle to use as needed.

PRUNE ALMOND CAKE

$\frac{1}{2}$ cupful Crisco	3 cupfuls flour
2 cupfuls sugar	$\frac{1}{2}$ teaspoonful salt
1 cupful milk	4 teaspoonfuls baking powder
	4 egg whites, beaten stiff

Cream the Crisco; gradually beat in half the sugar, then a few drops of milk, alternately, with the sugar until the second cupful has been added. Add the flour sifted with the salt and baking powder, alternately, with the rest of the milk and part of the egg whites, then beat in the rest of the whites. Bake in three layer-cake pans. Put the layers together with prune almond filling and cover the top with plain frosting.

PRUNE ALMOND FILLING

2 cupfuls granulated sugar	$\frac{1}{2}$ cupful cooked prunes
$\frac{1}{3}$ cupful boiling water	$\frac{1}{3}$ cupful almonds
2 egg whites, beaten stiff	almond extract

Melt the sugar in the water; with tips of the fingers, wet repeatedly in cold water, wash down the inside of the saucepan, cover and let boil two minutes to dissolve grains of sugar that may adhere to the pan. Uncover and boil until, when tested, a little of the syrup may be gathered into a soft ball in cold water

(238° F.); pour in a fine stream on the egg whites, beating constantly meanwhile. To two-thirds of the frosting add the prunes stoned and cut in pieces, the nuts blanched and sliced, and a few drops of almond extract, use between the layers and spread the plain frosting over the top. Should the frosting run from the cake, return to the fire over boiling water and beat until it thickens a little.

CHOCOLATE MARSHMALLOW CREAM ROLL

- | | |
|--------------------------------|------------------------|
| 4 eggs, beaten light | 2 tablespoonfuls cocoa |
| $\frac{1}{4}$ teaspoonful salt | 1 cupful flour |
| 1 cupful granulated sugar | 1 teaspoonful baking |
| 2 tablespoonfuls melted Crisco | powder |

Beat the salt and sugar into the beaten eggs, beat in the Crisco, then the cocoa, flour and baking powder sifted together. Bake in a dripping pan lined with a Criscoed paper, about fifteen minutes. Turn onto a cloth or paper, trim off the crisp edges, spread with marshmallow filling, and roll like a jelly roll. Spread confectioner's chocolate frosting over the top of the roll.

MARSHMALLOW CREAM FILLING

- | | |
|------------------------------------|---------------------------|
| $\frac{1}{4}$ lb. marshmallows | 2 egg whites, beaten very |
| 1 cupful granulated sugar | light |
| $\frac{1}{4}$ cupful boiling water | 1 teaspoonful vanilla |

Set the marshmallows to heat and soften in a double boiler. Melt the sugar in the boiling water; wash down the inside of the saucepan; cover and let boil three minutes; uncover and let boil until a little of the syrup dropped into cold water may be gathered into a soft ball (240° F.). Pour the syrup in a fine stream on the egg whites, beating constantly meanwhile; beat in the hot marshmallows and continue to beat until they are melted and the frosting smooth, add the vanilla and use as above.

CONFECTIONER'S CHOCOLATE FROSTING

- | | |
|-------------------------------------------|--------------------------------|
| 1 square chocolate melted | 3 tablespoonfuls boiling water |
| 2 tablespoonfuls granulated sugar | (or more) |
| | confectioner's sugar |
| $\frac{1}{2}$ teaspoonful vanilla extract | |

Add the granulated sugar and water to the melted chocolate and stir over the fire till smooth, add the vanilla and confectioner's sugar as needed.

EMILY'S WHITE CAKE

- | | |
|------------------------------|-------------------------|
| $\frac{1}{2}$ cupful Crisco | 1 teaspoonful salt |
| $1\frac{1}{2}$ cupfuls sugar | 1 cupful water |
| 3 cupfuls flour | 1 teaspoonful flavoring |
| 3 teaspoonfuls baking powder | whites of three eggs |

Cream Crisco. Add sugar slowly and cream together. Sift dry ingredients and add alternately with the liquid. Add flavoring, beat mixture thoroughly and last fold in stiffly beaten whites of eggs. Prepare layer-cake tins by greasing them with a mixture of Crisco and flour. Pour in cake mixture; put in moderate oven, allow to rise for five minutes, increase heat to bake; at the end of fifteen minutes, reduce heat to allow cake to shrink from the pan. Entire time for baking twenty minutes.—*Kate B. Vaughn.*

CHOCOLATE FROSTING

- | | |
|---------------------------|-------------------------------|
| 1 cupful granulated sugar | confectioner's sugar as |
| 1 cupful boiling water | needed |
| 6 squares chocolate | 1 teaspoonful vanilla extract |

Melt the sugar in the boiling water, cover and let boil three or four minutes, add the chocolate broken in pieces and let melt over boiling water, then beat

in the sugar, sifted, and the extract. Use sugar to make the frosting of a consistency to spread and not run from the cake. If it becomes too stiff before it is spread, add boiling water or syrup, a few drops at a time.

OATMEAL DROP CAKES

$\frac{1}{2}$ cupful Crisco	1 egg and 1 yolk
$\frac{1}{2}$ cupful sugar	$\frac{1}{4}$ cupful sweet milk
$\frac{1}{2}$ cupful raisins	1 cupful flour
$\frac{1}{2}$ cupful nut meats	$\frac{1}{4}$ teaspoonful soda
1 cupful oatmeal	$\frac{1}{2}$ teaspoonful salt

Cream the Crisco, beat in the sugar, the raisins and nut meats chopped together and the oatmeal; beat the egg and yolk, add the milk, and stir into the first mixture, alternately, with the flour sifted with the soda and salt. Crush the soda smooth before measuring. Drop by teaspoonfuls onto a Criscoed pan, make smooth and bake in a quick oven.

CARAWAY SEED JUMBLES

$\frac{1}{2}$ cupful Crisco	3 cupfuls flour
1 cupful granulated sugar	4 teaspoonfuls baking powder
1 egg and 1 yolk, beaten light	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{4}$ cupful milk	4 teaspoonfuls caraway seeds

1 egg white and sugar for dredging

Cream the Crisco; gradually beat in the sugar, then the eggs and, alternately, the milk and the flour sifted with the baking powder and salt; mix to a dough adding flour as required; knead slightly, roll into a sheet and cut into rings with a doughnut cutter; lift with a spatula to a baking pan; brush over with the white of egg slightly beaten and dredge with granulated sugar; bake in a quick oven. Bake one cake first; if it spreads in baking, more flour is required.

ELEVENTH HOUR CAKE

1 $\frac{1}{4}$ cupfuls flour	grated nutmeg
2 teaspoonfuls baking powder	$\frac{1}{4}$ cupful Crisco, melted
$\frac{1}{2}$ teaspoonful salt	2 eggs
1 cupful sugar	milk as needed

Sift all the dry ingredients together; break the eggs into the cup with the Crisco, then fill up the cup with milk; pour the liquid into the dry ingredients and beat vigorously. Bake in a shallow pan well-Criscoed, about twenty minutes.

BELLE'S CAKE

7 tablespoonfuls Crisco	1 cupful milk
3 eggs, beaten light	FROSTING
1 $\frac{1}{2}$ cupfuls sugar	2 cupfuls sugar
3 cupfuls flour	4 tablespoonfuls molasses
4 teaspoonfuls baking powder	$\frac{1}{2}$ cupful boiling water
$\frac{1}{2}$ teaspoonful salt	2 egg whites, beaten stiff

Cream the Crisco; beat half the sugar into the Crisco and half into the eggs (not separated), then beat the two mixtures together; sift together the flour, baking powder and salt and add to the mixture, alternately, with the milk; beat vigorously. Bake in a Criscoed pan 11 x 8 inches about thirty-five minutes. Spread the frosting on the bottom of the inverted cake, leaving the surface of the frosting rough. To make the frosting, boil the sugar, molasses and water until it will form a soft ball when tested in cold water; pour in a fine stream on the egg whites, beating constantly meanwhile; return to the fire over boiling water and stir until the mixture thickens a little, then use as above.

DEVIL'S FOOD

$\frac{1}{2}$ cake chocolate (4 ounces)	2 egg yolks
1 cupful brown sugar	$\frac{1}{2}$ cupful milk
2 egg yolks, well beaten	2 cupfuls flour
$\frac{1}{2}$ cupful milk	1 teaspoonful soda
7 tablespoonfuls Crisco	$\frac{1}{2}$ teaspoonful cinnamon
1 cupful sifted brown sugar	$\frac{1}{4}$ teaspoonful cloves
2 egg whites, beaten very light	

Melt the chocolate, add the first cupful of sugar, the egg yolks mixed with the milk and stir and cook over boiling water until the mixture thickens. Cream the Crisco; gradually beat in the sifted sugar, the egg yolks, and, alternately, the milk and the flour sifted with the soda and spice; lastly, beat in the egg whites and the cooked mixture. Bake in three layer pans; put the layers together with marshmallow filling and cover the top with boiled frosting made of three-fourths cupful of sugar, one-fourth cupful of boiling water and the white of one egg. To make frosting, see Marshmallow Frosting, page 81.

MARSHMALLOW FILLING

$1\frac{1}{2}$ cupfuls brown sugar	$\frac{1}{4}$ teaspoonful salt
$\frac{1}{4}$ cupful Crisco	$\frac{3}{4}$ pound marshmallows
$\frac{1}{4}$ cupful boiling water	$\frac{1}{2}$ teaspoonful vanilla

Cook the sugar, Crisco, water and salt to the soft-ball degree. Melt the marshmallows over boiling water; add to the first mixture and beat until thick enough to spread, then beat in the vanilla and use.

CITRON CAKE

10 tablespoonfuls Crisco	2 cupfuls flour
$1\frac{1}{3}$ cupfuls sugar	$1\frac{1}{2}$ teaspoonfuls baking powder
grated rind $\frac{1}{2}$ lemon	$\frac{2}{3}$ teaspoonful salt
2 egg yolks, beaten light	2 egg whites, beaten very light
$\frac{2}{3}$ cupful milk	$\frac{1}{4}$ pound citron cut fine

Cream the Crisco; beat in the sugar, the grated rind and egg yolks; add, alternately, the milk and the flour sifted with the salt and baking powder; add the whites of the eggs and beat thoroughly. Dispose in a brick-loaf bread pan with pieces of citron, here and there, in the mixture. Bake about forty-five minutes. The pan should be lined with Criscoed paper. The oven should be of such heat that the cake does not take on any color until after ten minutes.

DATE LOAF CAKE

1 pound stoned dates	$\frac{1}{2}$ teaspoonful salt
1 pound nut meats	4 teaspoonfuls baking powder
1 cupful pastry flour	1 cupful granulated sugar
4 eggs	

The weight of the dates after stoning is required. English walnut meats are particularly good for this cake, but any variety of nut meats may be used. Leave the dates and nut meats whole; sift over them the flour, salt and baking powder sifted together two or three times. Mix thoroughly; add the sugar and mix again. Beat the whites of the eggs dry and the yolks till thick. Mix the yolks evenly through the other ingredients, then mix in the whites. Bake nearly one hour in two bread pans lined neatly with paper and well-Criscoed. *The heat of the oven should be very moderate.* This cake is very different from any other cake, wholesome and good tasting.

SOFT MOLASSES COOKIES

1 cupful Crisco	3 cupfuls flour
1 cupful brown sugar	2 teaspoonfuls soda
1 $\frac{1}{3}$ cupfuls molasses	1 tablespoonful cinnamon
1 egg, beaten light	1 tablespoonful ginger
1 cupful thick, sour milk	1 teaspoonful salt

Cream the Crisco; gradually beat in the sugar (rolled and sifted if necessary), add the molasses, egg and milk, and stir in the dry ingredients sifted together. More flour will be needed; add enough to make a dough that may be rolled out; cut into thick rounds and bake in well-Criscoed tins in a quick oven. To keep the cookies soft add no more flour than is needed for shaping. By chilling the mixture overnight less flour will be needed in handling the cookies. To make half the recipe use the whole of a small egg or take either the white or the yolk of a larger egg.

CREAM CAKES WITH STRAWBERRY PRESERVES

Make chou paste (page 67); shape in rounds on Criscoed sheet; brush over the top of each round with beaten egg or milk and bake about twenty-five minutes. Cut open on one side, near the top, and fill with the same mixture as for chocolate éclairs. When ready to serve, set the cakes on individual plates, sift a little confectioner's sugar on the top of each, and dispose a large spoonful of strawberry preserves at the side of each cake.

PINEAPPLE CAKE

$\frac{1}{2}$ cupful Crisco	2 $\frac{1}{2}$ cupfuls flour
1 $\frac{1}{2}$ cupfuls sugar	1 teaspoonful baking powder
$\frac{1}{2}$ cupful milk	$\frac{1}{2}$ teaspoonful salt
grated rind 1 lemon	4 egg whites, beaten stiff

Cream the Crisco, gradually beat in one cupful of the sugar, then alternately beat in the rest of the sugar and part of the milk, a few drops at a time; add alternately with the rest of the milk the flour sifted again with the baking powder and salt and lastly the whites of eggs. Bake in layers and put together with—

PINEAPPLE FROSTING

$\frac{1}{2}$ cupful grated pineapple (cooked) (juice and pulp)	1 cupful granulated sugar
1 tablespoonful lemon juice	2 egg whites, beaten stiff

Stir the pineapple and lemon juice (grated rind of lemon will heighten the flavor) with the sugar on the back of the range until the sugar is dissolved, cover and let cook to the soft ball stage (240° F. on the sugar thermometer) then pour, very gradually, in a fine stream on the egg whites, beating constantly meanwhile; beat occasionally until cold, when it is ready to use.



CHOCOLATE CAKE, MARSHMALLOW FROSTING

- | | |
|-------------------------------------------|-------------------------------------|
| $\frac{1}{2}$ cupful Crisco | $2\frac{1}{2}$ cupfuls sifted flour |
| $1\frac{1}{2}$ cupfuls sifted brown sugar | $\frac{1}{2}$ teaspoonful cinnamon |
| 2 egg yolks, beaten light | $\frac{1}{4}$ teaspoonful cloves |
| 4 ounces chocolate, melted | $\frac{1}{2}$ teaspoonful salt |
| $\frac{1}{2}$ cupful sifted brown sugar | 1 teaspoonful soda |
| $\frac{1}{2}$ cupful boiling water | 1 teaspoonful baking powder |
| $\frac{1}{2}$ cupful sour milk | 2 egg whites, beaten very light |

Cream the Crisco; beat half the first quantity of sugar into the Crisco, the other half into the yolks, then beat the two together. Melt the chocolate (over boiling water), add the half cupful of brown sugar and boiling water and stir until well mixed, then add to the first mixture with the sour milk; add the flour sifted with the spices, salt, soda and baking powder and, lastly, beat in the whites of eggs. Bake in three layer-cake pans, put together and cover the outside with

MARSHMALLOW FROSTING

- | | |
|------------------------------------|-------------------------------------------|
| 2 cupfuls granulated sugar | $\frac{1}{2}$ pound fresh marsh- |
| $\frac{1}{2}$ cupful boiling water | mallows |
| 4 egg whites, beaten very light | $\frac{1}{2}$ teaspoonful vanilla extract |

Melt the sugar in the boiling water; wash down the inside of the saucepan, cover and let boil three minutes, uncover and let boil until a little of the syrup dropped into cold water may be gathered into a soft ball (240° F.). Pour the syrup in a fine stream on the egg whites, beating constantly meanwhile; beat until somewhat cooled, add the marshmallows, each cut in quarters, and the flavoring and use as above.



BOSTON CREAM PIE

- | | |
|-----------------------------|--------------------------------|
| $\frac{1}{4}$ cupful Crisco | 2 cupfuls flour |
| 1 egg yolk | 3 teaspoonfuls baking powder |
| 1 cupful granulated sugar | $\frac{1}{2}$ teaspoonful salt |
| 1 cupful sweet milk | 1 egg white, beaten light |

Cream the Crisco; beat the egg yolk very light, beat half of the sugar into each, then beat the two together; add the milk, alternately, with the flour sifted with the salt and baking powder and, lastly, add the egg white. Bake in two layers; put together with chocolate cream filling and sift powdered sugar over the top.

CHOCOLATE FILLING

- | | |
|-----------------------------------|--------------------------------|
| $\frac{1}{2}$ cupful flour | $\frac{1}{3}$ cupful sugar |
| $\frac{1}{2}$ cupful cold milk | 1 egg and 1 yolk |
| 1 cupful scalded milk | $\frac{1}{4}$ teaspoonful salt |
| 2 ounces chocolate | $\frac{1}{4}$ cupful sugar |
| $\frac{1}{2}$ teaspoonful vanilla | |

Stir the flour and cold milk to a smooth paste, then stir and cook in the hot milk until smooth and thick. Melt the chocolate over hot water; add the sugar and a little of the hot mixture; stir until smooth, then beat into the rest of the hot mixture. Cover and let cook ten minutes. Beat the egg and yolk; add the salt and sugar and stir into the hot mixture; let cook until the egg is "set;" let cool a little, add the vanilla and use.

FISH RECIPES

THINGS TO REMEMBER IN CONNECTION WITH THESE RECIPES

In deep frying, do not wait for Crisco to smoke. Heat Crisco until a crumb of bread becomes a golden brown in 60 seconds for raw dough mixtures, as crullers, fritters, etc.; 40 seconds for cooked mixtures, as croquettes, codfish balls, etc.; 20 seconds for French fried potatoes. Seconds may be counted thus: one hundred and one, one hundred and two, etc. The fat may be tested also by dropping into it a little piece of the article to be cooked. When it rises to the top, bubbles vigorously and browns quickly, the fat is hot enough. When fried foods absorb, it is because Crisco is not hot enough, or because you have not used enough Crisco. Use plenty and the raw foods, if added in small quantities, will not reduce the heat of the fat. The absorption in deep Crisco frying should be less than that of another fat.

FRIED FILLETS OF FISH

Halibut, flounder and bass are particularly good cooked in this way. The fish must be free of bones and skin and the fillets should be of the same shape and size. Rub the fillets with the cut side of an onion and dip them in melted Crisco and lemon juice, to which onion juice has been added. Drain, roll in flour, then in egg and soft sifted bread crumbs, and fry in deep Crisco. It will take about six minutes to cook the fillets. Drain on soft paper. Serve with highly seasoned tomato sauce, or Russian salad dressing.

TWO CUPFULS TOMATO SAUCE

$\frac{1}{2}$ can tomatoes	$\frac{1}{4}$ a green or red pepper
$\frac{1}{2}$ an onion with	$\frac{1}{4}$ cupful Crisco
2 cloves in it	$\frac{1}{4}$ cupful flour
1 stalk celery	$\frac{3}{4}$ teaspoonful salt
2 sprigs parsley	$\frac{1}{2}$ teaspoonful paprika
1 bit of ham or bacon	1 cupful broth
1 cupful tomato purée	

Cook the tomatoes, vegetables and ham about twenty minutes, then press through a purée sieve, and set aside for use as needed. Melt the Crisco; in it cook the flour, salt and paprika; add the cold broth and mix a little; add the tomato and stir constantly until smooth and boiling. The sauce may be made of purée without broth, or, it may be made with a cupful and a half of broth and half a cupful of chili sauce or tomato catsup.

HOLLANDAISE SAUCE

1 cupful Crisco	$\frac{1}{4}$ teaspoonful paprika
2 to 4 egg yolks	$\frac{1}{2}$ cupful boiling water
$\frac{1}{2}$ teaspoonful salt	juice $\frac{1}{2}$ lemon

Cream the Crisco with a small wooden spoon; add the egg yolks, one at a time, beating in each thoroughly before the next is added. The number of eggs used is a matter of taste. With two eggs the sauce is creamy, with four it has the consistency of mayonnaise. To the mixture add the salt, pepper and boiling water and let cook in a double boiler, stirring constantly until the sauce is hot throughout and thickens a little; add the lemon juice, stir quickly, and pour into a cool dish. The lemon juice will occasion the further thickening of the sauce. While cooking, lift the saucepan from the boiling water from time to time, lest it become overcooked.

BAKED FISH WITH BREAD DRESSING

This recipe is suitable for fish cut in slices about an inch thick, as halibut and swordfish; or for such fish as bluefish, whitefish, haddock, shad, etc., from which thin, but large pieces of flesh may be taken. For these latter, remove the head, cut out a narrow strip down the back and on the opposite side, then loosen the skin below the head and pull it off, first on one side and then on the other, then remove the flesh from the bones on one side and then on the other. This gives all the edible portion of the fish in two large pieces. Rub over a tin sheet with Crisco, lay one piece of the fish on it, spread the dressing over this and lay the other piece of fish above; beat half a teaspoonful of salt into three tablespoonfuls of Crisco and set here and there in bits on the fish. Bake about half an hour, basting with melted Crisco. Serve with Drawn Butter Sauce (see page 85). For a more handsome dish, five or six minutes before taking from the oven, spread half a cupful of cracker crumbs, mixed with three tablespoonfuls of melted Crisco, over the top of the fish, and let brown.

BAKED BLUEFISH, ITALIAN STYLE

Cut a cleaned bluefish in heart-shaped pieces. If the pieces are too large for one service, divide to make half-heart pieces. Chop fine (to serve eight or ten) three shallots or one Bermuda onion, and sprinkle in a Criscoed pan; lay the slices of fish above, season slightly with salt and pepper, add a few spoonfuls of fish stock, and cover with a Criscoed paper. Let cook till the flesh separates easily from the bones, —about twelve minutes,—basting three times. Remove the slices to a serving dish, pour over a cupful and a half of Italian sauce, to which the broth in the dish has been added, and serve at once. Other varieties of fish may be cooked in the same way.

ITALIAN SAUCE

2 shallots or 1 slice mild onion	$\frac{1}{4}$ cupful Crisco
8 fresh mushrooms	$\frac{1}{4}$ cupful flour
2 ounces lean ham	$\frac{1}{2}$ teaspoonful salt
1 tablespoonful parsley	$\frac{1}{2}$ teaspoonful paprika
	$1\frac{1}{2}$ cupfuls brown stock
	$\frac{1}{2}$ cupful tomato purée

Chop the onion, mushrooms, ham and parsley and cook in the Crisco until well softened but not browned; add the flour, salt and pepper and cook until frothy; add the stock and purée and stir until boiling. Strain if desired.

FRIED OYSTER SANDWICHES

Purchase large oysters. Drain, then dry on a cloth. Dip in sifted bread crumbs seasoned with salt and pepper, then in an egg beaten with a tablespoonful of cold water, and again in the crumbs. Fry to a golden brown in deep, hot Crisco. Drain in the basket, and again on soft paper. Have ready some bits of bread (Boston brown, rye, or Graham preferred) of suitable size to take two oysters. Spread the bread with boiled salad dressing and put together in pairs. If preferred, cover the oysters first with flour rather than bread crumbs, then dip in the egg and finish in the crumbs.

CODFISH SUPREME

Shred fine and free of all bone enough salt codfish to fill a cup, cover with cold water and let heat until the water begins to look milky, but *do not let the water boil*; drain and press all water possible from the fish, add a cupful of

eggs and a dash of pepper and beat with a spoon until well mixed. Melt two tablespoonfuls of Crisco in a frying pan, drop in the mixture by tablespoonfuls, let cook until "set" on the bottom, then turn to cook the other side. Serve at once with creamed potatoes.

SALMON LOAF

1 pound cooked salmon (fresh or canned)	1 teaspoonful lemon juice
1 cupful soft sifted bread crumbs	$\frac{1}{2}$ teaspoonful onion juice
2 eggs, beaten light	1 tablespoonful fine-chopped parsley
$\frac{1}{2}$ cupful milk or white stock	$\frac{1}{2}$ teaspoonful salt
	$\frac{1}{4}$ teaspoonful paprika

Pick the salmon fine with a silver fork (never use steel with fish) and add the other ingredients (onion juice may be omitted). Mix the whole together thoroughly, and turn into a Criscoed mold. Cook in a steamer, or in the oven in a dish of hot water, about half an hour, or until the center is firm. Serve hot, with a Hollandaise, tomato, or drawn butter sauce. Slices of hard-cooked egg, or chopped pickled gherkins (sour), or capers, or pieces of cooked lobster meat, or shrimps, may be served in the latter sauce. Tuna fish may be used in the same way.

DRAWN BUTTER SAUCE

2 tablespoonfuls Crisco	$\frac{1}{4}$ teaspoonful pepper
2 tablespoonfuls flour	1 cupful water
$\frac{1}{2}$ teaspoonful salt	2 tablespoonfuls butter

Melt the Crisco; in it cook the flour, salt and pepper; add the water and stir until boiling; then, *without boiling longer*, beat in the two tablespoonfuls of butter, a little at a time.

SARDINE CROQUETTES

(HORS D'ŒUVRE)

1 cupful sardine pulp	1 egg yolk, beaten light
$\frac{1}{2}$ cupful soft sifted bread crumbs	3 egg yolks, cooked
$\frac{1}{2}$ cupful (or more) milk	1 teaspoonful lemon juice
2 tablespoonfuls Crisco	
$\frac{1}{4}$ teaspoonful salt	1 egg, well beaten
$\frac{1}{2}$ teaspoonful paprika	sifted bread crumbs
	Crisco for frying

To prepare the sardine pulp, wipe the fish free of oil, discard bones and unedible portions and pick the flesh fine with a silver fork or press through a sieve. Cook the bread crumbs in the milk to a smooth paste, add the Crisco, salt, paprika, and the egg yolk and cook until the egg is set; remove from the fire, add the fish, the cooked yolks, sifted, and the lemon juice; mix thoroughly and shape into small balls, then elongate them to form egg-shapes. Egg-and-crumbs balls and fry in hot Crisco. Serve as a relish at the beginning of luncheon or dinner with olives and small sandwiches.

ROLLED FILLETS OF FISH, BECHAMEL

Use any white fish from which fillets (strips of fish without skin and bone) may be taken. Four fillets may be taken from a slice of halibut. Melt some Crisco (three tablespoonfuls for four fillets); in it dip the fillets, to coat both sides, scrape on a little onion juice, if desired, and drop on a little lemon juice.

Roll the fillets and run a wooden toothpick, dipped in melted Crisco (to expedite its removal after the fish is cooked) through each fillet, to hold it in shape. Set in an agate or earthen dish, pour over a little fish broth and let bake about fifteen minutes, basting two or three times with the broth in the dish. With the fish bones and trimmings make broth. Prepare Béchamel sauce with part of this broth; to this add the liquid around the cooked fish. Serve with potato balls cooked in boiling salted water, rolled in melted Crisco and seasoned with salt, then sprinkled with chopped parsley. For fish stock see "Fried Flounders."

FISH BÉCHAMEL SAUCE

$\frac{1}{4}$ cupful Crisco	$\frac{1}{4}$ teaspoonful pepper
$\frac{1}{3}$ cupful flour	1 cupful fish stock
$\frac{3}{4}$ teaspoonful salt	$\frac{1}{2}$ cupful thin cream

Melt the Crisco; in it cook the flour, salt and pepper; add the stock and stir until boiling; add the cream and pour the liquid around the fish.

FRESH FISH CHOWDER

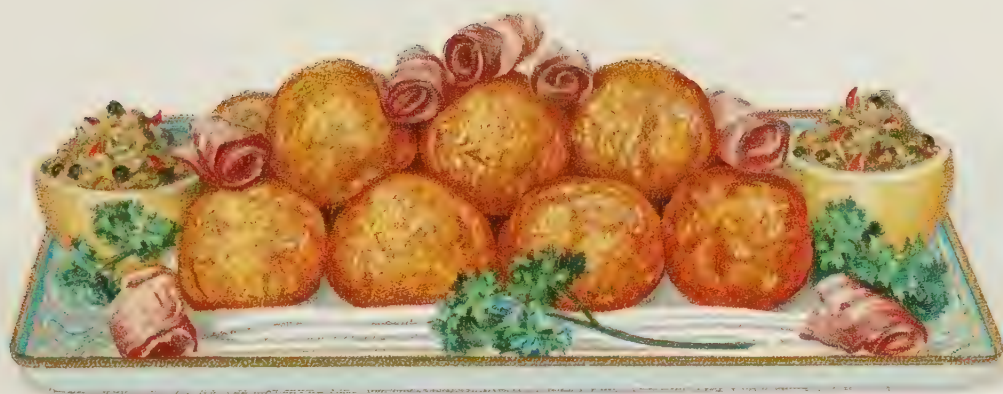
4 pounds fish	1 quart hot milk
$\frac{1}{4}$ cupful Crisco	$\frac{1}{2}$ cupful cream if at hand
$\frac{1}{2}$ teaspoonful salt	1 teaspoonful salt
1 onion, sliced	$\frac{1}{2}$ teaspoonful black pepper
3 cupfuls sliced potatoes	fine-chopped parsley

Fresh water bass, pickerel, lake whitefish or cod and haddock from the salt water are all suitable for chowder. Always have the head sent with the fish as it adds to the richness of the broth. (It thickens the broth and adds flavor.) Remove skin and bones from the fish, and cut the flesh into pieces about two inches long. Cover the head, bones and trimmings with cold water and let simmer half an hour, then drain off the broth. Melt the Crisco; in it cook the onion until softened and yellowed, then add boiling water to cover and let simmer five to ten minutes. Cook the potatoes in boiling water five minutes, then drain; strain the liquid from the onion over the potatoes, pressing out all the liquid possible; add the fish stock and the pieces of fish and let simmer until the potatoes are done; add the hot milk, the cream and seasonings, mix, and sprinkle on the parsley. Serve with crackers.

OYSTER CROQUETTES

1 quart raw oysters or	$\frac{1}{3}$ cupful cream
1 pint cooked oysters	1 egg, beaten light
$\frac{1}{3}$ cupful Crisco	
$\frac{1}{2}$ cupful flour	AT DISCRETION
$\frac{1}{2}$ teaspoonful salt	1 teaspoonful lemon juice
$\frac{1}{2}$ teaspoonful paprika	1 teaspoonful onion juice
1 cupful chicken stock	chopped parsley

Scald the oysters, drain and cut into two or three pieces; the white button portion may be discarded if desired. Make a sauce of the Crisco, flour, seasonings, stock and cream; add the egg and let cook, stirring constantly until set, then stir in the prepared oysters and such other seasonings as are used. When chilled and firm, shape, egg-and-crumb, and fry in deep Crisco. The oyster broth may be used in making the sauce; chicken stock is suggested because, as it jellies when cold, the mixture is easily handled.



FINNAN HADDIE BALLS

2 cupfuls raw potatoes (pared
and cut in quarters)
1 cupful finnan haddie (in bits)
 $\frac{1}{2}$ teaspoonful pepper

$\frac{1}{2}$ teaspoonful salt
1 egg, beaten light
10 slices bacon
Crisco for frying

Put the potatoes in a saucepan, pour in boiling water to nearly cover the potatoes; above and at the center of the potatoes set the finnan haddie, cover and let cook until the potatoes are tender. Drain the water from the dish, shake the fish from the potatoes and press the latter through a ricer and return to the fish; add the pepper and salt as needed and mix; add a little of the mixture to the egg, blend thoroughly and beat into the rest of the mixture. Press the mixture, lightly, into balls. Fry, five at a time, in Crisco hot enough to turn a bread crumb golden brown in 40 seconds. Serve with piccalilli in lemon cups and bacon rolls. Roll each slice of bacon like a jelly roll, push a wooden toothpick through each to hold it in shape and fry in the Crisco before the fish balls are fried; remove the toothpick before serving.



CHEESE CROQUETTES

3 tablespoonfuls Crisco
 $\frac{1}{3}$ cupful flour
 $\frac{1}{4}$ teaspoonful salt
 $\frac{1}{4}$ teaspoonful paprika
 $\frac{2}{3}$ cupful milk
1 egg or 2 egg yolks

1 cupful cheese in cubes
 $\frac{1}{2}$ cupful grated cheese
soft sifted bread crumbs
1 egg
3 tablespoonfuls milk

Crisco for frying

Melt the Crisco; in it cook the flour and seasonings; add the milk and stir until boiling; beat in the egg beaten light and let cook until the egg is "set;" stir in the cheese and turn on a Criscoed plate; when chilled a little form into cylinder shapes; roll in crumbs, cover with egg and again roll in crumbs. Fry in hot Crisco. Serve at once with a green salad and coarse bread.

FRESH CODFISH, SPANISH STYLE

1 cupful rice	1 onion, sliced
$\frac{1}{3}$ cupful Crisco	5 tomatoes, sliced
1 fresh codfish	1 teaspoonful or more salt
(about 4 lbs.)	$\frac{1}{2}$ teaspoonful paprika
2 cupfuls fish stock	

Stir the rice in a quart of cold water over a quick fire until boiling three minutes, drain, rinse in cold water and dry on a cloth. Melt the Crisco in a frying pan, add the rice and stir until lightly browned; skim to a casserole leaving all Crisco possible in the pan; add more Crisco if needed and in it cook the fish freed of skin and bones and cut in pieces; roll the fish in flour and brown lightly in the Crisco on both sides, transfer to the rice, cook the onion in the Crisco till yellowed, add with the other ingredients to the casserole, cover and let cook in the oven half an hour. Make the stock from trimmings of the fish.

FRIED FLOUNDERS, CHEESE SAUCE

Remove skin and bones from two large flounders, to secure eight fillets from each. Over the fillets squeeze the juice of half a lemon, scrape over a little onion juice and pulp, and sprinkle with salt and pepper; coat with fine, soft bread crumbs (sifted), dip in beaten egg, diluted with two tablespoonfuls of milk, then again coat with crumbs. Fry about five minutes in deep, hot Crisco, and drain on soft paper. Serve cheese sauce in a separate dish.

CHEESE SAUCE

STOCK	SAUCE
bones and trimmings of fish	$\frac{1}{4}$ cupful Crisco
1 small onion, in slices	$\frac{1}{4}$ cupful flour
3 sprigs parsley	$\frac{3}{4}$ teaspoonful salt
3 leaves sweet basil (fresh or dried)	$\frac{1}{2}$ teaspoonful pepper
4 slices carrot	$1\frac{1}{2}$ cupfuls fish broth
piece red or green pepper	$\frac{1}{2}$ cupful top milk
cold water	$\frac{1}{2}$ cupful grated cheese

Add the seasonings to the fish trimmings, pour on cold water to cover and let simmer half an hour, then strain off the liquid and use as the fish broth called for. When ready to serve the fish, melt the Crisco, add the flour, salt and pepper and let cook until frothy; add the broth and milk and stir until boiling, then add the cheese.

CHEESE RECIPES

RICE COOKED WITH CHEESE

$\frac{3}{4}$ cupful blanched rice	$2\frac{1}{2}$ cupfuls broth (hot)
$\frac{1}{2}$ cupful Crisco	$\frac{3}{4}$ teaspoonful salt
1 onion, chopped fine	$\frac{1}{2}$ teaspoonful pepper
$\frac{1}{2}$ cupful grated cheese	

Blanch the rice by putting it over a quick fire in a quart or more of cold water; heat quickly to the boiling point, while scraping the rice from the bottom of the saucepan; drain and rinse in cold water. Heat the Crisco in a saucepan;

add the drained rice and the onion and stir over the fire until the Crisco is absorbed and the vegetables are slightly yellowed; add the broth, salt and pepper and let cook over hot water until the rice is tender. With two silver forks mix in the cheese. Serve at once as the hearty dish at luncheon or supper.

PALMERSTON ÉCLAIRS

Make the recipe for chou paste, page 67, beating in, after all the eggs have been added, half a cupful of grated cheese. Form into éclair shapes, brush over with beaten yolk of egg and bake until done. These may be served hot or cold. If to be served hot, slit on one side and fill with cheese filling; if they are to be served cold, let the filling become chilled a little before the whipped cream is folded in and do not fill the cases until cold.

CHEESE FILLING

3 tablespoonfuls Crisco	1¼ cupfuls milk
4 tablespoonfuls flour	2 egg yolks, beaten light
½ teaspoonful salt	¾ cupful grated cheese
½ teaspoonful paprika	½ cupful cream, beaten firm

Make a sauce of the first five ingredients; add the yolks and the cheese, and stir until the egg is cooked; when partly or wholly chilled, fold in the cream.

CHEESE MUFFINS

1 cupful rye meal	1 egg, beaten light
1 cupful pastry flour	1 cupful milk
4 teaspoonfuls baking powder	3 tablespoonfuls melted Crisco
¾ teaspoonful salt	12 thin slices of cheese about 2 inches long, 1 inch wide
¼ cupful sugar, if desired	

Sift all the dry ingredients together into a bowl; add the egg mixed with the milk and the Crisco and mix all together thoroughly. Have an iron muffin pan hot and well Criscoed; put a spoonful of the prepared mixture into each compartment, lay a slice of cheese above and finish filling the pan with the rest of the mixture. Bake about twenty-five minutes.

MACARONI AND CHEESE SOUFFLÉ

½ cupful macaroni, cooked	1 cupful tomato purée
2 tablespoonfuls Crisco	1 cupful rich milk (hot)
2 tablespoonfuls flour	1 cupful grated cheese
¾ teaspoonful salt	3 egg yolks, beaten light
½ teaspoonful paprika	3 egg whites, beaten stiff

Cook the macaroni in boiling salted water until very tender; drain, rinse in cold water and drain again. Melt the Crisco; add flour, salt and paprika and cook until frothy; add the purée and stir until boiling; add the milk, cheese, macaroni and egg yolks, mix thoroughly and fold in the egg whites. Turn into a Criscoed baking dish and let cook about half an hour or until well puffed and firm in the center. To prepare the purée, cook fresh or canned tomatoes until the water has evaporated, then strain and use.

SALADS AND SALAD DRESSINGS

FRENCH DRESSING

3 tablespoonfuls oil	$\frac{1}{4}$ teaspoonful salt
1 to 3 tablespoonfuls lemon juice or vinegar	$\frac{1}{8}$ teaspoonful pepper

The ingredients for the dressing may be mixed and poured at once over the salad materials, which are then turned over and over until the dressing has been taken up by them; or the condiments, mixed with the oil, may be first used, then, after each leaf or separate piece has been thoroughly coated with the oil, the acid may be poured on and the salad turned over and over until the acid is evenly mixed throughout. Neither French nor mayonnaise dressing should be strongly acid, and one tablespoonful of acid to three of oil is a good proportion in most salads. For fish and beets two tablespoonfuls of acid to three of oil would be preferred by many. Equal quantities of oil and acid are favored by people accustomed to using so-called "boiled dressings" or by those accustomed to eating vinegar on cucumbers or tomatoes. Tomatoes are mildly acid and it is a mistake to overpower this natural acid with a quantity of vinegar. A very little vinegar or lemon juice in a dressing will "give point" to (or bring out) the natural acid flavor of the tomato.

MAYONNAISE DRESSING (OLIVE OIL)

1 egg yolk, beaten light	2 tablespoonfuls lemon juice or vinegar
$\frac{1}{4}$ teaspoonful salt	1 cupful olive oil
$\frac{1}{4}$ teaspoonful paprika	2 tablespoonfuls boiling water

To the beaten yolk, add the salt, paprika and acid and beat with an egg beater until well blended; add one teaspoonful of olive oil and beat it in thoroughly, then add another teaspoonful of oil, and, when this is thoroughly blended with the other ingredients, add a third teaspoonful; continue in the same manner, adding the oil, in a short time, by the tablespoonful, until a cupful in all of oil has been used; then beat in the boiling water, a tablespoonful at a time. If all of the dressing is not used at once, cover it with an earthen or glass dish and set it aside in a cool place.

USE OF FRENCH AND MAYONNAISE DRESSING

A French dressing is used for green vegetables, for fruit and nuts and to season cooked vegetables, meat or fish to be used later with mayonnaise dressing. French dressing is used on salads served at dinner. Mayonnaise dressing is used for delicate meats, fish, bananas, apples and pineapples and for some vegetables as cauliflower, asparagus and tomatoes. The vegetables enumerated above dressed with mayonnaise are sometimes served as an entrée at dinner, but in general mayonnaise dressing is served for use at luncheon or banquets. Cooked dressings are used in place of mayonnaise, but there is no substitute for French dressing.

MAYONNAISE DRESSING WITH CRISCO

1 cupful Crisco, unmelted	1 teaspoonful salt
2 egg yolks, beaten light	$\frac{1}{4}$ teaspoonful paprika
1 teaspoonful mustard	$\frac{1}{4}$ teaspoonful black pepper
4 tablespoonfuls vinegar	

Beat the Crisco to a cream, very gradually beat in the yolks, then the seasonings and, lastly, drop by drop, the vinegar.



POTATO SALAD

- | | | |
|--------------------------------------------|---------------------|-----------------------------------------------|
| 3 cupfuls cold potato cubes | | 1 teaspoonful salt |
| $\frac{1}{4}$ a green pepper | | $\frac{1}{4}$ teaspoonful pepper |
| 1 head leek or $\frac{1}{2}$ a small onion | } chopped very fine | 2 cupfuls mayonnaise or cooked salad dressing |
| 2 tablespoonfuls chives if at hand | | 1 or 2 cooked beets, chopped fine |
| 2 tablespoonfuls capers | | 2 hard cooked eggs |
| $\frac{1}{3}$ cupful parsley leaves | | |
| 3 olives | | |
| 1 small cucumber pickle | | |

Mix the potato with the chopped vegetables enclosed in the brackets and the salt and pepper; then mix with enough of the dressing to hold the ingredients together. Form in a mound on a serving dish, cover the outside with dressing, spreading it with a silver-plated knife. Sprinkle with the beets and garnish with the eggs, each cut in eight lengthwise pieces. One or more of the chopped vegetables, mixed with the potatoes, may be omitted, but onion in some form and parsley should be retained.

COOKED SALAD DRESSING

- | | |
|-----------------------------------|--------------------------------|
| 3 tablespoonfuls Crisco | $\frac{1}{2}$ teaspoonful salt |
| 2 tablespoonfuls flour | 1 cupful cold water |
| $\frac{1}{4}$ teaspoonful mustard | 2 egg yolks, beaten light |
| $\frac{1}{3}$ teaspoonful paprika | 1 tablespoonful vinegar |
| 1 tablespoonful lemon juice | |

Melt the Crisco; add the flour and seasonings and cook until frothy; add the water and stir constantly until boiling; beat the vinegar and lemon juice into the yolks, then stir into the hot mixture, and continue to stir and cook without boiling until the egg is set. Use when cold either with or without the addition of one-fourth a cupful of thick cream beaten very light. The cream is an improvement. Twice the recipe is needed for the ingredients given in the potato salad.

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SUGGESTIONS FOR COOKING AT HIGH ALTITUDES

At sea level water boils at 212° F., at higher altitudes the air is rarer and atmospheric pressure is diminished and water boils at a lower temperature than 212° F. For each rise of about five hundred and thirty feet above sea level the boiling point of water falls one degree. At Denver, Colorado, five thousand two hundred and eighty feet above sea level, the boiling point of water is about 202° F., and at Leadville, the altitude of which is ten thousand one hundred and eighty-five feet, the boiling point is about 193° F. Thus, when potatoes are boiling at Leadville, they are subjected to about the same degree of heat as potatoes cooking on the coast in a double boiler, or a fireless cooker, and, in consequence, a longer time must be allowed to cook them. In a few words, while thirty minutes will suffice to cook a potato on the seacoast, from sixty to ninety minutes would be needed in Leadville. This variation depends on atmospheric pressure, which varies according to the altitude. All other lines of cooking are influenced by this same variation of pressure.

As strong heat is necessary to sear over the outside of meats to be boiled or roasted, that the juices be kept within the meat, and as boiling water at high altitudes sears over but imperfectly, it is best to subject such joints first to hot, dry heat in a frying pan. Turn the meat, as each surface is crusted over, until all the surfaces have been so treated, then transfer to boiling water or the oven to complete the cooking at the usual temperature, 165° to 170° F.

In cake making at high altitudes the external atmosphere pressure being less, the cell walls holding the gases generated by the leavening agents and the creaming of the Crisco and the sugar tend to expand too much, burst and run together and the outer cell walls not yet being sufficiently hardened by heat, also settle and the cake is heavy. The remedy is to maintain equilibrium between external and internal pressure, and this is done by the formation of less air cells: i. e., in practice, by the use of less shortening and sugar or less leavening agent; or, by increasing the tenacity of the dough; in practice, by being sure to use fresh eggs and more of them.

Any of the recipes for cakes, cookies, or shortened mixtures, given in this book can probably be used successfully by simply cutting down the quantity of Crisco one-third and sugar one-fourth.

Sugar and water for frosting and fondant requiring longer cooking than at sea level, the syrup will register from 218° to 220° F., at the soft ball stage.

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